

Danes Camp Studio Timetable

Danes Camp Leisure Centre

Accurate as of 04/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Instructor
09:45 - 10:30	BLT 14+	Dance Studio	Poppy
10:30 - 11:30	Body Combat	Dance Studio	Poppy
17:45 - 18:45	Yoga 14+	Dance Studio	Emily
19:00 - 19:45	Zumba 14+	Main Hall	Nat M
19:00 - 19:45	Spin 14+	Spin Room	Chris P
19:15 - 20:00	H.I.I.T45	Dance Studio	Marzena
19:30 - 20:15	INSANITY 14+	Dance Studio	Paula
20:15 - 21:00	Aqua 14+	Leisure Pool (25.0m)	Marzena