

Inspire Group Fitness Classes

Inspire: Luton Sports Village

Accurate as of 21/04/2026

Times for Tuesday 21 April



Time	Session	Level
06:30 - 07:15	Studio Cycle	—
06:30 - 07:30	Swim Fit (Triathlon Training)	—
07:20 - 07:50	MetaFit™	—
09:15 - 10:00	Thighs, Hips, Bums & Tums	—
09:30 - 10:15	Studio Cycle	—
10:00 - 10:30	Boot Camp	—
10:30 - 11:30	Stretch & Relax	—
12:30 - 13:00	Studio Cycle	—
18:00 - 18:45	BODYPUMP™	—
18:00 - 18:45	Kettlercise®	—
18:00 - 18:45	Studio Cycle	—
18:00 - 18:50	Pilates	—
19:00 - 19:50	Pilates	—
19:00 - 20:00	Circuit Training	—
19:00 - 20:00	Studio Cycle	—
20:00 - 20:45	Core Stability	—
20:30 - 21:30	Totally Shredded	—