

Inspire Group Fitness Classes

Inspire: Luton Sports Village

Accurate as of 21/04/2026

Times for Wednesday 22 April



Time	Session	Level
09:30 - 10:15	Fight Fit	—
09:30 - 10:15	Studio Cycle	—
09:30 - 10:30	Aqua Fit	—
10:30 - 11:15	Studio Cycle	—
10:30 - 11:30	Aerobics	—
11:15 - 12:15	BODYPUMP™	—
12:15 - 13:00	Studio Cycle	—
14:00 - 16:00	Line Dancing (FOL)	—
18:00 - 18:45	Studio Cycle	—
18:00 - 19:00	BODYPUMP™	—
19:00 - 19:45	Studio Cycle	—
19:00 - 20:00	TripleT	—
19:00 - 20:00	20/20/20	—
20:00 - 20:30	Pure Power ½ Hour	—
20:00 - 20:30	Core Stability	—
20:00 - 21:00	Aqua Fit	—
20:30 - 21:15	Studio Cycle	—