

# Inspire Group Fitness Classes

## Inspire: Luton Sports Village

Accurate as of 21/04/2026

### Times for Thursday 23 April



Time	Session	Level
06:30 - 07:15	Studio Cycle	___
09:30 - 10:00	Aerobics (FOL)	_
09:30 - 10:15	Studio Cycle	___
09:30 - 10:30	Aqua Fit	___
09:30 - 10:30	Zumba® Step	___
10:00 - 11:00	Aerobics (FOL)	___
10:30 - 11:30	Zumba®	___
11:15 - 12:00	Thighs, Hips, Bums & Tums	___
12:00 - 12:30	Studio Cycle	___
12:15 - 13:15	Aqua Fit (FOL)	___
17:15 - 18:00	Kettlecise®	___
18:00 - 19:00	Studio Cycle	___
18:15 - 19:15	Step Aerobics	___
18:30 - 19:30	Zumba®	___
19:15 - 20:15	Studio Cycle	___
19:25 - 19:55	Pure Power ½ Hour	___
19:45 - 20:45	Kettlecise®	___
20:00 - 21:00	BODYCOMBAT™	___