

Inspire Group Fitness Classes

Inspire: Luton Sports Village

Accurate as of 21/04/2026

Times for Friday 24 April



Time	Session	Level
06:30 - 07:15	Studio Cycle	—
07:30 - 08:30	Swim Fit	—
09:30 - 10:15	Studio Cycle	—
09:30 - 10:30	Thighs, Hips, Bums & Tums	—
11:15 - 12:15	BODYPUMP™	—
11:30 - 12:30	Aqua Fit	—
12:15 - 13:00	Studio Cycle	—
18:00 - 18:30	Core Stability	—
18:15 - 19:00	Studio Cycle	—
18:45 - 19:45	Fight Fit	—