

# Inspire Group Fitness Classes

## Inspire: Luton Sports Village

Accurate as of 21/04/2026

### Times for Saturday 25 April



Time	Session	Level
08:30 - 09:00	Insanity®	—
09:00 - 09:45	Studio Cycle	—
09:00 - 10:00	BODYCOMBAT™	—
10:00 - 11:00	BODYPUMP™	—
10:15 - 11:15	Zumba®	—
11:15 - 12:00	Pilates	—
12:15 - 13:00	Studio Cycle	—