

Inspire Group Fitness Classes

Inspire: Luton Sports Village

Accurate as of 19/05/2026

Times for Monday 11 May



Time	Session	Level
09:30 - 10:15	Studio Cycle	___
09:30 - 10:25	Zumba® Step	___
10:00 - 11:00	Thighs, Hips, Bums & Tums	___
10:30 - 11:15	Zumba®	___
12:15 - 13:15	Aqua Fit (FOL)	___
14:00 - 16:00	Line Dancing (FOL)	___
17:45 - 18:45	BODYPUMP™	___
18:00 - 18:45	Studio Cycle	___
18:15 - 19:15	Pilates	___
18:55 - 19:25	Total Abs	___
19:00 - 19:45	Studio Cycle	___
19:00 - 20:00	Aqua Fit	___
19:15 - 20:15	Pilates	___
19:30 - 20:30	BODYCOMBAT™	___
19:30 - 20:30	Box & Tone	___
20:00 - 20:45	Studio Cycle	___
20:30 - 21:15	Thighs, Hips, Bums & Tums	___
20:30 - 21:30	Zumba®	___