

Inspire Group Fitness Classes

Inspire: Luton Sports Village

Accurate as of 19/05/2026

Times for Tuesday 12 May



| Time | Session | Level |
|---------------|-------------------------------|-------|
| 06:30 - 07:15 | Studio Cycle | — |
| 06:30 - 07:30 | Swim Fit (Triathlon Training) | — |
| 07:20 - 07:50 | MetaFit™ | — |
| 09:15 - 10:00 | Thighs, Hips, Bums & Tums | — |
| 09:30 - 10:15 | Studio Cycle | — |
| 10:00 - 10:30 | Boot Camp | — |
| 10:30 - 11:30 | Stretch & Relax | — |
| 12:30 - 13:00 | Studio Cycle | — |
| 18:00 - 18:45 | BODYPUMP™ | — |
| 18:00 - 18:45 | Kettlercise® | — |
| 18:00 - 18:45 | Studio Cycle | — |
| 18:00 - 18:50 | Pilates | — |
| 19:00 - 19:50 | Pilates | — |
| 19:00 - 20:00 | Circuit Training | — |
| 19:00 - 20:00 | Studio Cycle | — |
| 20:00 - 20:45 | Core Stability | — |
| 20:30 - 21:30 | Totally Shredded | — |