

Inspire Group Fitness Classes

Inspire: Luton Sports Village

Accurate as of 19/05/2026

Times for Saturday 16 May



| 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 | — |