

Inspire Group Fitness Classes

Inspire: Luton Sports Village

Accurate as of 19/05/2026

Times for Sunday 17 May



Time	Session	Level
08:45 - 09:30	Studio Cycle	—
09:30 - 10:30	BODYPUMP™	—
10:00 - 10:45	Studio Cycle	—
10:45 - 11:45	Core Stability	—
11:20 - 12:05	Active Luton Free Runners	—