

Lewsey Group Fitness Classes

Lewsey Sports Park

Accurate as of 19/06/2026

Times for Wednesday 17 June



| Time | Session | Level |
|---------------|---------------------------|-------|
| 09:30 - 10:30 | Box & Tone | ___ |
| 10:45 - 11:30 | Core Stability | __ |
| 18:00 - 18:45 | Thighs, Hips, Bums & Tums | ___ |
| 18:10 - 19:10 | TripleT | ___ |
| 18:45 - 19:45 | Cycle & Tone | ___ |
| 19:20 - 20:05 | Active Luton Free Runners | ___ |