

Lewsey Group Fitness Classes

Lewsey Sports Park

Accurate as of 19/06/2026

Times for Friday 19 June



Time	Session	Level
09:30 - 10:30	Boot Camp	_____
10:45 - 11:30	Studio Cycle	_____
18:00 - 18:45	Kettlercise®	_____
18:30 - 19:30	Deep Water Circuits	_____
19:00 - 20:00	Core Stability	_____