

Lewsey Group Fitness Classes

Lewsey Sports Park

Accurate as of 19/06/2026

Times for Sunday 21 June



Time	Session	Level
09:30 - 10:15	Studio Cycle	—
10:00 - 11:00	Aqua Fit	—
10:30 - 11:30	Totally Shredded	—
12:00 - 12:45	Kettlecise®	—