

Lewsey Group Fitness Classes

Lewsey Sports Park

Accurate as of 19/06/2026

Times for Monday 22 June



Time	Session	Level
09:00 - 09:45	Aqua Fit (FOL)	—
09:30 - 10:15	Studio Cycle	—
10:00 - 10:45	Chair Based Fitness (FOL)	—
10:30 - 11:15	Totally Shredded	—
11:50 - 12:35	Pilates	—
18:00 - 18:45	Studio Cycle	—
18:00 - 19:00	Zumba®	—
19:00 - 19:45	Studio Cycle	—