

Lewsey Group Fitness Classes

Lewsey Sports Park

Accurate as of 19/06/2026

Times for Wednesday 24 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	___