

# Lewsey Group Fitness Classes

## Lewsey Sports Park

Accurate as of 19/06/2026

### Times for Thursday 25 June



Time	Session	Level
09:30 - 10:30	Aqua Fit	—
09:30 - 10:30	Studio Strength	—
10:30 - 11:30	Nordic Walking	—
10:45 - 11:30	Studio Cycle	—
18:00 - 18:45	Zumba®	—
18:30 - 19:30	Cycle & Tone	—
19:45 - 20:45	Yoga	—