

# Fitness Classes

## Arena Sports Centre

Accurate as of 23/06/2026

### Times for Monday 29 June



| Time          | Session                 | Facility     | Instructor |
|---------------|-------------------------|--------------|------------|
| 06:45 - 09:15 | Open to all gym members | Dance Studio |            |
| 09:30 - 11:00 | Yoga                    | Dance Studio | Sarah      |
| 11:00 - 11:45 | Tone                    | Dance Studio | Jo         |
| 12:00 - 16:00 | Open to all gym members | Dance Studio |            |
| 17:15 - 18:00 | Spin                    | Dance Studio | Katie      |
| 18:00 - 18:45 | Fit Step                | Dance Studio | Su         |
| 18:45 - 19:30 | Multifit Circuits       | Dance Studio | Su         |
| 19:30 - 20:15 | Aerobics                | Dance Studio | Lucy       |
| 20:30 - 21:30 | Open to all gym members | Dance Studio |            |