

# Fitness Classes

## Rugeley Leisure Centre

Accurate as of 29/09/2022

### Times for Friday 20 May



Time	Session
07:05 - 07:35	Group Cycle
09:15 - 10:10	Pilates
10:20 - 11:30	BODYPUMP
14:00 - 15:00	Yoga
17:30 - 18:15	Pilates
18:30 - 19:00	Circuits
18:30 - 19:30	BODYCOMBAT