

Fitness Classes

Rugeley Leisure Centre

Accurate as of 13/08/2022

Times for Tuesday 24 May



Time	Session
07:05 - 07:35	Group Cycle
09:15 - 09:45	Circuits
11:15 - 12:00	Low Aerobics
17:45 - 18:30	Zumba (14yrs+)
18:45 - 19:30	PiYo