

Fitness Classes

Rugeley Leisure Centre

Accurate as of 26/11/2022

Times for Thursday 29 September



Time	Session
07:05 - 07:35	Group Cycle
09:15 - 10:00	Bodytone
10:15 - 11:00	Low Impact Aerobics
17:10 - 17:55	Zumba (14yrs+)
17:45 - 18:30	Bodytone
18:05 - 18:50	Group Cycle
18:45 - 19:45	HIIT