

# Fitness Classes

## Rugeley Leisure Centre

Accurate as of 30/01/2023

Times for Monday 3 October



| Time          | Session     |
|---------------|-------------|
| 09:30 - 10:30 | Bodytone    |
| 10:45 - 11:45 | Pilates     |
| 17:30 - 18:15 | Clubbercise |
| 17:45 - 18:45 | BODYCOMBAT  |
| 19:10 - 19:55 | Transition  |