

# Fitness Classes

## Rugeley Leisure Centre

Accurate as of 29/03/2023

### Times for Wednesday 5 October



Time	Session
10:00 - 11:00	BODYPUMP
12:15 - 12:45	Yoga
15:45 - 16:30	Boot Camp 14-16 years
17:45 - 18:30	BODYCOMBAT
17:45 - 18:30	SH'BAM
18:00 - 18:45	Outdoor Bootcamp
18:45 - 19:45	BODYPUMP