

Fitness Classes

Rugeley Leisure Centre

Accurate as of 29/03/2023

Times for Friday 7 October



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