

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 24/05/2026

### Times for Monday 25 May



Time	Session	Facility	Instructor
08:30 - 09:15	Group Cycling	Studio	Lewis
09:30 - 10:30	Kettlebells	Studio	Lewis
10:00 - 12:00	Pickleball Club	Sports Hall	
10:30 - 11:30	Stretch & Tone	Studio	Lewis
16:00 - 16:45	Les Mills BodyPump	Studio	Sarah H
17:00 - 18:00	Les Mills BodyCombat	Studio	Sarah H