

Fitness classes

Baysgarth Leisure Centre

Accurate as of 26/07/2026

Times for Tuesday 28 July



Time	Session	Facility	Instructor
06:00 - 06:45	Virtual Les Mills RPM	Studio	Virtual instructor
09:15 - 10:15	Body Conditioning	Studio	Lewis
10:30 - 11:15	HYBRID45	Studio	Lewis
15:30 - 16:30	Junior Gym induction course	Gym	Dawson
16:30 - 17:30	Junior Gym	Gym	Ed
18:00 - 18:45	Les Mills BodyCombat	Classes Live Stream At Home	Lisa
18:00 - 18:45	Les Mills BodyCombat	Studio	Sam D
19:00 - 19:45	HIIT Strength	Studio	Sam D