

Fitness classes

Baysgarth Leisure Centre

Accurate as of 26/07/2026

Times for Friday 31 July			
Time	Session	Facility	Instructor
09:15 - 10:15	Group Cycling	Studio	Stef
10:00 - 12:00	Over 50's Badminton	Sports Hall	
10:25 - 11:25	Fitness pilates	Studio	Stef
12:00 - 13:00	Seated chair circuit	Gym	Callum M
15:00 - 16:00	Junior Gym	Gym	Fitness Instructor
17:45 - 18:30	Les Mills Dance	Studio	Laura.
18:30 - 19:00	HIIT Strength	Studio	Laura.