

Fitness classes

Baysgarth Leisure Centre

Accurate as of 27/09/2026

Times for Monday 28 September

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
18:00 - 18:45	Les Mills BodyPump	Studio	Sarah H
19:00 - 20:00	Les Mills BodyCombat	Studio	Sarah H