

Fitness classes

Baysgarth Leisure Centre

Accurate as of 27/09/2026

Times for Wednesday 30 September

Time	Session	Facility	Instructor
09:15 - 10:15	Total Tone	Studio	Sharon
10:15 - 11:15	Stretch & Tone	Studio	Sharon
16:30 - 17:30	Junior Gym	Gym	Dawson
18:30 - 19:15	Group Cycling	Studio	Davy N
19:15 - 20:00	Aquacise	Pool	Lewis
19:45 - 20:45	Virtual Les Mills BodyBalance	Studio	Virtual instructor