

Fitness classes

Baysgarth Leisure Centre

Accurate as of 27/09/2026

Times for Thursday 1 October



Time	Session	Facility	Instructor
06:15 - 07:00	Virtual Les Mills BodyPump	Studio	Virtual instructor
09:00 - 10:00	Body Conditioning	Studio	Lewis
10:00 - 10:45	HYBRID45	Studio	Lewis
11:00 - 12:00	Aquacise	Pool	Lewis
18:00 - 19:00	Circuits	Studio	Lewis
19:15 - 20:00	Group Cycling	Studio	Davy N