

Fitness classes

Baysgarth Leisure Centre

Accurate as of 27/09/2026

Times for Saturday 3 October

Time	Session	Facility	Instructor
07:45 - 08:15	Virtual Les Mills RPM	Studio	Virtual instructor
08:15 - 09:00	Les Mills BodyPump	Studio	Sarah H
09:00 - 10:00	Junior Gym	Gym	Fitness Instructor
09:15 - 10:00	Les Mills BodyCombat	Studio	Sarah H
10:15 - 11:00	Les Mills Core	Studio	Sarah H
11:30 - 15:00	Virtual on demand	Studio	Virtual instructor