

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 21/05/2024

Times for Tuesday 30 April			
Time	Session	Facility	Instructor
17:30 - 18:15	Group cycling	Sports Hall	Chris
18:30 - 19:15	Circuits	Sports Hall	Chris
19:30 - 20:15	Fitness pilates	Sports Hall	Chris