

Fitness Classes

Epworth Leisure Centre

Accurate as of 04/06/2024

Times for Thursday 9 May



Time	Session	Facility	Instructor
09:15 - 10:00	HIIT strength	Squash Courts	Josie
10:15 - 11:00	Fitness pilates	Squash Courts	Josie
18:00 - 18:45	Group cycling	Sports Hall	Josie
19:00 - 19:45	Kettlebell	Sports Hall	Josie
19:45 - 20:30	Fitness pilates	Sports Hall	Josie