

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 19/09/2024

### Times for Monday 22 July



Time	Session	Facility	Instructor
07:15 - 08:05	Virtual Les Mills RPM	Studio	virtual instructor
12:45 - 13:30	ActiveLincs Circuits	Sports Hall	Katy
15:30 - 16:30	Junior Gym	Gym	Chris
18:00 - 18:45	Group cycling	Studio	Josie
19:00 - 19:45	Circuits	Studio	Josie
19:45 - 20:15	Stability ball	Studio	Josie