

Fitness Classes

Epworth Leisure Centre

Accurate as of 27/04/2025

Times for Tuesday 23 July



Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyAttack	Studio	virtual instructor
17:30 - 18:15	Group Cycling	Studio	Katie M
18:30 - 19:15	Circuits	Studio	Katie M
19:30 - 20:15	Fitness pilates	Studio	Katie M