

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 24/05/2026

### Times for Tuesday 26 May



Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyAttack	Studio	virtual instructor
09:10 - 09:55	HIIT	Studio	Fitness Instructor
10:00 - 10:45	Legs, Bums & Tums (LBT)	Studio	Fitness Instructor
10:45 - 11:30	Stretch & Tone	Studio	Fitness Instructor
15:30 - 16:30	Junior Gym	Gym	Fitness Instructor
18:30 - 19:15	Circuits	Studio	Daisy S
19:30 - 20:15	Group Cycling	Studio	Daisy S