

Fitness Classes

Epworth Leisure Centre

Accurate as of 26/07/2026

Times for Monday 27 July

Time	Session	Facility	Instructor
07:15 - 08:05	Virtual Les Mills RPM	Studio	virtual instructor
15:30 - 16:30	Junior Gym	Gym	Fitness Instructor
18:00 - 18:45	Group Cycling	Studio	Daisy S
19:00 - 20:00	Circuits	Studio	Daisy S