

Fitness Classes

Epworth Leisure Centre

Accurate as of 26/07/2026

Times for Tuesday 28 July			
Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyAttack	Studio	virtual instructor
09:10 - 09:55	Group Cycling	Studio	Katie M
10:00 - 10:45	Legs, Bums & Tums (LBT)	Studio	Katie M
10:45 - 11:30	Fitness pilates	Studio	Katie M
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