

Fitness Classes

Epworth Leisure Centre

Accurate as of 26/07/2026

Times for Wednesday 29 July

Time	Session	Facility	Instructor
07:15 - 08:05	Virtual Les Mills RPM	Studio	virtual instructor
09:10 - 09:55	Group Cycling	Studio	Fitness Instructor
10:00 - 10:45	Fitness pilates	Studio	Fitness Instructor
20:00 - 20:45	Virtual Les Mills BodyAttack	Studio	virtual instructor