

Fitness Classes

Epworth Leisure Centre

Accurate as of 26/07/2026

Times for Thursday 30 July			
Time	Session	Facility	Instructor
07:15 - 08:00	Virtual Les Mills BodyCombat	Studio	virtual instructor
15:30 - 16:30	Junior Gym	Gym	Chris
17:45 - 18:30	Group Cycling	Studio	Daisy S
18:45 - 19:30	HIIT Strength	Studio	Daisy S
19:30 - 20:15	Stretch & Tone	Studio	Daisy S