

Fitness Classes

Epworth Leisure Centre

Accurate as of 26/07/2026

Times for Friday 31 July

Time	Session	Facility	Instructor
07:15 - 07:45	Virtual Les Mills Sprint	Studio	virtual instructor
09:15 - 10:15	Virtual Les Mills BodyPump	Studio	virtual instructor
10:15 - 11:15	Virtual Les Mills BodyAttack	Studio	virtual instructor
17:30 - 18:20	Virtual Les Mills RPM	Studio	virtual instructor
18:30 - 19:30	Virtual Les Mills BodyBalance	Studio	virtual instructor