

Fitness Classes

Epworth Leisure Centre

Accurate as of 26/07/2026

Times for Saturday 1 August



Time	Session	Facility	Instructor
09:10 - 09:55	Virtual Les Mills RPM	Studio	virtual instructor
10:10 - 10:55	Virtual Les Mills BodyCombat	Studio	virtual instructor
11:00 - 12:00	Virtual Les Mills BodyAttack	Studio	virtual instructor
12:05 - 12:55	Virtual Les Mills BodyBalance	Studio	virtual instructor