

# Fitness Class Timetable

## Northgate Arena

Accurate as of 20/05/2026

### Times for Sunday 28 July



Time	Session	Facility	Instructor	Type
09:00 - 09:45	Brio Cycle	Studio	Linda	Cardio
09:00 - 09:45	BODYPUMP	Sports Hall	Ceri	Strength/Conditioning
10:00 - 10:45	BODYCOMBAT	Sports Hall	Robb	Complete Body Workout
11:00 - 11:45	Pure Stretch	Sports Hall	Robb	Mind & Body