exercise class programme George Campbell Leisure Centre

Accurate as of 29/04/2024

Times for Thursday 28 March			
Time	Session	Facility	Level
6:30 am - 7:15 am	Spinning ®	Studio 2	
9:00 am - 10:00 am	Pilates	Studio 2	
9:30 am - 10:30 am	Body Conditioning Class	Studio 1	
10:00 am - 10:45 am	Pilates	Studio 2	
11:00 am - 12:00 pm	50+ Chair Aerobics	Studio 2	
6:00 pm - 6:45 pm	Body Balance	Studio 2	
6:00 pm - 7:00 pm	Total Body Conditioning	Studio 1	
7:00 pm - 8:00 pm	Body Pump	Studio 1	