

Huntingdon fitness class timetable

One Leisure Huntingdon

Accurate as of 03/05/2024

Times for Monday 28 November



| Time | Session | Facility |
|---------------------|---|-------------|
| 6:45 am - 7:35 am | Bars & Bells | Studio 1 |
| 9:00 am - 9:50 am | Body Burner | Studio 1 |
| 11:00 am - 11:50 am | Fatburner | Studio 1 |
| 12:00 pm - 12:50 pm | Yoga | Studio 1 |
| 2:00 pm - 3:00 pm | RightStart 4 - COPD | Sports Hall |
| 4:00 pm - 5:00 pm | RightStart 4 - Cardiac Rehab *Referral Only | Sports Hall |
| 6:00 pm - 6:50 pm | Circuit Training | Sports Hall |
| 6:00 pm - 6:50 pm | Fitsteps | Studio 1 |
| 7:00 pm - 7:50 pm | Yoga | Studio 1 |