

Ramsey fitness class timetable

One Leisure Ramsey

Accurate as of 18/09/2026

Times for Monday 21 September

Time	Session	Facility
9:15 am - 10:00 am	Body Combat	Sports Hall
10:30 am - 11:30 am	Rightstart Aqua	Indoor Pool
6:05 pm - 6:50 pm	Circuit Training	Sports Hall
7:00 pm - 7:45 pm	Legs, Bums & Tums	Sports Hall