

Ramsey fitness class timetable

One Leisure Ramsey

Accurate as of 18/09/2026

Times for Tuesday 22 September			
Time	Session	Facility	
9:15 am - 10:00 am	Legs, Bums & Tums	Sports Hall	
10:15 am - 11:15 am	RightStart 5	Sports Hall	
10:30 am - 11:15 am	Aquafit	Indoor Pool	
5:30 pm - 6:30 pm	Yoga	Sports Hall	
6:00 pm - 6:45 pm	Ex-Bike	Aerobics Studio	