

Ramsey fitness class timetable

One Leisure Ramsey

Accurate as of 18/09/2026

Times for Wednesday 23 September			
Time	Session	Facility	
9:15 am - 10:00 am	Legs, Bums & Tums	Sports Hall	
10:15 am - 11:00 am	Zumba	Sports Hall	
11:45 am - 12:30 pm	Aquafit	Indoor Pool	
6:00 pm - 6:45 pm	HIIT & Abs	Sports Hall	
7:05 pm - 7:50 pm	Aquafit	Indoor Pool	