

Ramsey fitness class timetable

One Leisure Ramsey

Accurate as of 18/09/2026

Times for Thursday 24 September

Time	Session	Facility
10:30 am - 11:30 am	RightStart 3	Indoor Pool
6:00 pm - 6:45 pm	Pilates	Sports Hall
7:00 pm - 7:45 pm	Kettlebells	Sports Hall
7:00 pm - 7:45 pm	Ex-Bike	Aerobics Studio