

# St Ives fitness class timetable

## One Leisure St Ives

Accurate as of 01/07/2025

Times for Thursday 3 February			
Time	Session	Facility	
9:10 am - 10:00 am	Legs, Bums & Tums	Studio 1	
10:00 am - 10:55 am	Pilates	Studio 1	
12:15 pm - 1:45 pm	RightStart 4 - PSI	Studio 1	
6:00 pm - 6:55 pm	Fitsteps	Studio 2	
6:15 pm - 7:00 pm	Cycle HIIT Freestyle	Cyclone Studio	