

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 26/04/2024

Times for Thursday 25 April



Time	Session	Facility
9:10 am - 10:00 am	Legs, Bums & Tums	Studio 1
10:00 am - 10:45 am	Move-It	Impressions
10:00 am - 10:55 am	Pilates	Studio 1
11:00 am - 11:55 am	Wellness Class	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
7:00 pm - 7:50 pm	Body Burner	Studio 1
8:00 pm - 8:55 pm	Yoga	Studio 1