

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 05/05/2024

Times for Tuesday 30 April



Time	Session	Facility
9:15 am - 10:10 am	Legs, Bums & Tums	Studio 1
10:15 am - 11:00 am	Move-It	Impressions
10:15 am - 11:05 am	Aerobics	Studio 1
11:30 am - 12:30 pm	Yoga Stretch & Relax	Studio 1
2:00 pm - 2:55 pm	Keep Fit	Studio 1
4:30 pm - 5:30 pm	RightStart 4 - Cardiac Rehab *Referral Only	Studio 1
6:00 pm - 6:50 pm	Indoor Cycling	Cyclone Studio
6:00 pm - 7:00 pm	Circuit Training	Sports Hall
6:00 pm - 7:00 pm	Dance Fit	Studio 1
7:00 pm - 7:55 pm	Body Burner	Studio 1
8:00 pm - 8:55 pm	Yoga	Studio 1