

# St Ives fitness class timetable

## One Leisure St Ives

Accurate as of 05/05/2024

### Times for Wednesday 1 May



| Time                | Session              | Facility       |
|---------------------|----------------------|----------------|
| 7:00 am - 8:00 am   | Pilates              | Studio 1       |
| 9:15 am - 10:15 am  | Kettlebells          | Studio 1       |
| 9:30 am - 10:30 am  | RightStart Cycle     | Cyclone Studio |
| 10:15 am - 11:15 am | 20/20 Tone           | Studio 1       |
| 11:15 am - 12:15 pm | Pilates              | Studio 1       |
| 2:00 pm - 3:00 pm   | RightStart 5         | Studio 1       |
| 6:00 pm - 6:50 pm   | Cycle HIIT Freestyle | Cyclone Studio |
| 6:00 pm - 6:55 pm   | Bars & Bells         | Studio 1       |
| 7:00 pm - 8:00 pm   | Pilates              | Studio 1       |