

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 28/06/2026

Times for Friday 3 July



Time	Session	Facility
9:30 am - 10:25 am	Body Blitz	Studio 1
10:00 am - 10:45 am	Coach By Colour	Cyclone Studio
10:30 am - 11:25 am	Bars & Bells	Studio 1
11:35 am - 12:25 pm	Pilates	Studio 1
12:15 pm - 1:15 pm	Yoga	Studio 2
6:00 pm - 6:55 pm	Wellness Class	Studio 1