

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 28/06/2026

Times for Saturday 4 July



Time	Session	Facility
9:00 am - 9:50 am	Coach By Colour	Cyclone Studio
9:00 am - 9:55 am	Zumba	Studio 1
10:00 am - 10:55 am	Bars & Bells	Studio 1
11:00 am - 11:50 am	Indoor Cycling	Cyclone Studio
11:00 am - 11:55 am	Pilates	Studio 1
12:15 pm - 1:15 pm	Yoga	Studio 1