

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 03/10/2026

Times for Saturday 3 October			
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 - 11:55 am	Pilates	Studio 1	
12:15 pm - 1:15 pm	Yoga	Studio 1	