

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 03/10/2026

Times for Monday 5 October



Time	Session	Facility
9:30 am - 10:25 am	Body Burner	Studio 1
9:45 am - 10:40 am	Body Balance	Studio 2
10:15 am - 11:05 am	Indoor Cycling	Cyclone Studio
10:30 am - 11:25 am	Fitness Pilates	Studio 1
11:30 am - 12:30 pm	Yoga	Studio 2
12:45 pm - 1:45 pm	Cancer Rehab	Studio 1
12:45 pm - 1:45 pm	Cancer Rehab	Studio 1
2:00 pm - 3:00 pm	RightStart 3	Studio 1
5:00 pm - 5:50 pm	Body Burner	Studio 1
5:00 pm - 6:00 pm	Walking Netball	Sports Hall
6:00 pm - 6:50 pm	Coach By Colour	Cyclone Studio
6:00 pm - 6:50 pm	Swiss Ball	Studio 2
6:00 pm - 6:55 pm	Body Combat	Studio 1
7:00 pm - 7:50 pm	Pilates	Studio 1