

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 03/10/2026

Times for Tuesday 6 October



Time	Session	Facility
8:00 am - 9:00 am	Pilates	Studio 1
9:30 am - 10:20 am	Legs, Bums & Tums	Studio 1
10:00 am - 11:00 am	Walking Footie	Sports Hall
10:00 am - 11:00 am	Over 60's Club	Studio 2
10:15 am - 11:00 am	Move-It	Impressions
10:30 am - 11:20 am	Aerobics	Studio 1
11:20 am - 12:15 pm	Pilates	Studio 2
11:30 am - 12:30 pm	Yoga Stretch & Relax	Studio 1
12:15 pm - 1:00 pm	Aquafit	Indoor Pool
2:00 pm - 2:55 pm	Keep Fit	Studio 1
4:30 pm - 5:30 pm	RightStart 4 - Cardiac Rehab *Referral Only	Studio 1
6:00 pm - 7:00 pm	Circuit Training	Sports Hall
6:15 pm - 7:05 pm	Indoor Cycling	Cyclone Studio
7:00 pm - 7:55 pm	Balance and Strength	Studio 1
7:05 pm - 7:55 pm	Aquafit	Indoor Pool
8:00 pm - 8:55 pm	Yoga	Studio 1