

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 03/10/2026

Times for Thursday 8 October			
Time	Session	Facility	
9:00 am - 10:00 am	RightStart Tai Chi Qigong	Studio 2	
9:10 am - 10:00 am	Legs, Bums & Tums	Studio 1	
10:00 am - 10:45 am	Move-It	Impressions	
10:00 am - 10:55 am	Pilates	Studio 1	
11:00 am - 11:55 am	Balance and Wellbeing	Studio 1	
11:00 am - 12:00 pm	Chair Yoga	Studio 2	
12:15 pm - 1:45 pm	RightStart 4 - PSI	Studio 1	
6:00 pm - 6:55 pm	Fitsteps	Studio 1	
7:00 pm - 7:50 pm	Body Burner	Studio 1	
8:00 pm - 8:55 pm	Yoga	Studio 1	