


St Neots fitness class timetable

One Leisure St Neots

Accurate as of 26/04/2024

Times for Monday 24 January			
Time	Session	Facility	
9:15 am - 10:05 am	Legs, Bums & Tums	Studio 1	
10:15 am - 11:05 am	Yoga	Studio 1	
6:00 pm - 6:50 pm	Bootcamp	Studio 1	
6:00 pm - 6:50 pm	Indoor Cycling	Studio 2	
7:00 pm - 7:45 pm	Indoor Cycling	Studio 2	
7:00 pm - 7:50 pm	Abs Blast	Studio 1	
8:00 pm - 8:50 pm	Indoor Cycling	Studio 2	
8:05 pm - 8:55 pm	Aquafit	Indoor Pool	