

# St Neots fitness class timetable

## One Leisure St Neots

Accurate as of 05/05/2024

Times for Tuesday 25 January			
Time	Session	Facility	
9:15 am - 10:05 am	Step	Studio 1	
10:15 am - 11:05 am	Indoor Cycling	Studio 2	
10:15 am - 11:05 am	Body Pump	Studio 1	
11:15 am - 12:05 pm	Pilates	Studio 1	
12:20 pm - 1:10 pm	Zumba Gold	Studio 1	
6:00 pm - 6:50 pm	Power Tone	Studio 1	
7:00 pm - 7:50 pm	Yoga	Studio 1	