

St Neots fitness class timetable

One Leisure St Neots

Accurate as of 23/04/2024

Times for Tuesday 1 February



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