

St Neots fitness class timetable

One Leisure St Neots

Accurate as of 28/04/2024

Times for Monday 28 November



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
8:00 pm - 8:50 pm	Body Pump	Studio 1
8:05 pm - 8:55 pm	Aquafit	Indoor Pool