

# St Neots fitness class timetable

## One Leisure St Neots

Accurate as of 26/04/2024

### Times for Tuesday 6 December



Time	Session	Facility
6:35 am - 7:25 am	Indoor Cycling	Studio 2
9:15 am - 10:05 am	Step	Studio 1
9:30 am - 10:15 am	GymFit : HIIT	Impressions
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
6:00 pm - 6:50 pm	Indoor Cycling	Studio 2
7:00 pm - 7:50 pm	Yoga	Studio 1