

St Neots fitness class timetable

One Leisure St Neots

Accurate as of 17/05/2024

Times for Wednesday 7 December



| Time | Session | Facility |
|---------------------|------------------|-------------|
| 6:35 am - 7:25 am | Bootcamp | Studio 1 |
| 9:15 am - 10:05 am | Kettlebells | Studio 1 |
| 10:15 am - 11:05 am | Body Blast | Studio 1 |
| 11:15 am - 12:05 pm | Pilates | Studio 1 |
| 1:30 pm - 2:30 pm | RightStart 3 | Studio 1 |
| 6:00 pm - 6:50 pm | Indoor Cycling | Studio 2 |
| 7:00 pm - 7:50 pm | Body Combat | Studio 1 |
| 7:00 pm - 7:50 pm | Circuit Training | Sports Hall |
| 7:30 pm - 8:20 pm | Indoor Cycling | Studio 2 |
| 8:00 pm - 8:50 pm | Body Pump | Studio 1 |