

# St Neots fitness class timetable

## One Leisure St Neots

Accurate as of 03/05/2024

### Times for Wednesday 24 April



Time	Session	Facility
6:35 am - 7:25 am	Bootcamp	Studio 1
9:05 am - 9:55 am	Aquafit	Indoor Pool
9:15 am - 10:05 am	Kettlebells	Studio 1
10:15 am - 11:05 am	Body Blast	Studio 1
10:15 am - 11:05 am	Indoor Cycling	Studio 2
11:15 am - 12:05 pm	Pilates	Studio 1
12:15 pm - 1:05 pm	Strength & Conditioning	Studio 1
1:30 pm - 2:30 pm	RightStart 3	Studio 1
6:00 pm - 6:50 pm	Indoor Cycling	Studio 2
6:00 pm - 6:50 pm	Wellness Class	Studio 1
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