

St Neots fitness class timetable

One Leisure St Neots

Accurate as of 17/05/2024

Times for Friday 26 April



| Time | Session | Facility |
|---------------------|--------------------|-------------|
| 9:15 am - 10:05 am | Indoor Cycling | Studio 2 |
| 9:15 am - 10:05 am | Body Step | Studio 1 |
| 10:15 am - 11:05 am | Body Sculpt | Studio 1 |
| 12:45 pm - 1:35 pm | Fit Future | Studio 1 |
| 2:00 pm - 2:50 pm | RightStart 4 - PSI | Studio 1 |
| 6:00 pm - 6:50 pm | Indoor Cycling | Studio 2 |
| 7:00 pm - 7:50 pm | Circuit Training | Sports Hall |