


# Class Timetable

## Long Stratton Leisure Centre

Accurate as of 20/05/2024

Times for Thursday 9 May			
Time	Session	Facility	
09:15 - 10:15	Totally Shredded	Studio	
10:15 - 11:00	Hatha Yoga	Studio	
11:00 - 12:00	SOSA	Studio	
12:00 - 13:00	Lunch Time Yoga	Studio	
18:00 - 18:45	Legs Bums and Tums	Studio	
19:00 - 19:30	Core Conditioning	Studio	
19:30 - 20:30	Yoga	Studio	