

Class Timetable

Long Stratton Leisure Centre

Accurate as of 03/06/2026

Times for Friday 5 June



| Time | Session | Facility |
|---------------|----------------------|-------------|
| 07:30 - 08:00 | BoxFit | Gym (53453) |
| 08:00 - 09:00 | Yogalates | Studio |
| 09:30 - 10:30 | Circuits | Studio |
| 10:45 - 11:30 | Studio Cycling | Studio |
| 12:00 - 13:00 | Fit for Life | Studio |
| 13:30 - 14:30 | Chair based Circuits | Studio |
| 18:00 - 18:45 | Dance & Tone | Studio |
| 19:00 - 20:00 | Pilates | Studio |