

Class Timetable

Long Stratton Leisure Centre

Accurate as of 24/06/2026

Times for Monday 15 June



| Time | Session | Facility |
|---------------|----------------------|-------------|
| 09:15 - 10:00 | Studio Cycling | Studio |
| 10:15 - 11:00 | Sculpt & Tone | Studio |
| 11:00 - 11:45 | Hatha Yoga | Studio |
| 12:00 - 13:00 | Fit for Life | Studio |
| 12:15 - 12:45 | Lunch Time Circuits | Gym (53453) |
| 13:30 - 14:30 | Chair based Circuits | Studio |
| 17:00 - 17:45 | Yogalates | Studio |
| 18:00 - 18:45 | Studio Cycling | Studio |
| 19:00 - 20:00 | Body Pump | Studio |