

# Class Timetable

## Long Stratton Leisure Centre

Accurate as of 28/07/2026

Times for Friday 17 July



| 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      |