

Class Timetable

Long Stratton Leisure Centre

Accurate as of 23/09/2026

Times for Monday 28 September			
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	