

# Class Timetable

## Long Stratton Leisure Centre

Accurate as of 14/10/2026

Times for Wednesday 14 October



| Time          | Session                    | Facility    |
|---------------|----------------------------|-------------|
| 09:30 - 10:30 | Old School Aerobics        | Studio      |
| 10:30 - 11:30 | Pilates                    | Studio      |
| 11:30 - 12:30 | Core Conditioning          | Studio      |
| 12:15 - 13:00 | Workout Wednesday Circuits | Gym (53453) |
| 18:00 - 18:45 | Studio Cycling             | Studio      |
| 19:00 - 20:00 | Body Pump                  | Studio      |
| 20:00 - 21:00 | Yoga                       | Studio      |