

# Class Timetable

## Long Stratton Leisure Centre

Accurate as of 14/10/2026

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