Class Timetable

Long Stratton Leisure Centre

Accurate as of 24/11/2026

Times for Wednesday 4 November

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