Class Timetable

Long Stratton Leisure Centre

Accurate as of 24/11/2026

Times for Thursday 5 November

Time	Session	Facility
09:15 - 10:15	Totally Shredded	Studio
10:15 - 11:00	Body Balance	Studio
11:00 - 12:00	Zumba	Studio
12:00 - 13:00	Lunch Time Yoga	Studio
18:00 - 18:45	Total Body Conditioning	Studio
19:00 - 19:45	Circuits	Studio
19:30 - 20:30	Yoga	Studio