Class Timetable

Long Stratton Leisure Centre

Accurate as of 23/11/2026

Times for Monday 23 November

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