

# Fitness Classes

## ELA Active Chesterton

Accurate as of 21/09/2026

Times for Friday 18 September



| Time          | Session        | Facility     |
|---------------|----------------|--------------|
| 06:30 - 07:15 | Studio Cycling | Dance Studio |
| 09:00 - 10:00 | Tempo          | Dance Studio |
| 10:00 - 11:00 | Mobility       | Dance Studio |
| 18:00 - 19:00 | Yoga           | Dance Studio |