

Fitness Classes

ELA Active Chesterton

Accurate as of 21/09/2026

Times for Monday 21 September

Time	Session	Facility
06:30 - 07:15	Strength	Fitness Suite
09:05 - 09:55	Total Body Workout	Dance Studio
10:05 - 10:55	Aerobics	Dance Studio
12:30 - 13:30	Pilates	Dance Studio
18:30 - 19:30	Endurance	Gymnasium
19:00 - 20:00	Studio Cycling	Dance Studio