

Fitness Flex Retford Group Exercise Class Timetables

Fitness Flex Retford (Retford Leisure Centre)

Accurate as of 23/11/2020

Times for Wednesday 28 October



Time	Session	Facility	Type
06:00 - 06:45	Studio Cycling	Dance Studio	Cardio
09:00 - 10:00	Senior Circuits	Dance Studio	Cardio
10:15 - 11:30	Young at Heart	Dance Studio	Group Ex
14:00 - 15:00	Cardiac Rehab	Dance Studio	Relaxation/ GP Referrals
17:30 - 18:00	Abs Blast	Dance Studio	Strength
18:00 - 18:45	HIIT	Dance Studio	Strength & Cardio
18:45 - 19:30	Powerhoop	Dance Studio	Strength & Cardio
19:45 - 20:30	Studio Cycling	Dance Studio	Cardio