

# Fitness Class Timetable

## Oulder Hill Leisure Complex

Accurate as of 22/09/2026

| Times for Monday 14 September |                   |          |            |               |
|-------------------------------|-------------------|----------|------------|---------------|
| Time                          | Session           | Facility | Instructor | Level         |
| 6:00 pm - 7:00 pm             | Bums, Legs & Tums | Gym      | Adam       | All abilities |