

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 28/04/2024

### Times for Monday 19 October



Time	Session	Facility	Instructor
10:30 - 12:00	Hatha Flow Yoga	Sports Hall	Caroline
17:15 - 18:00	Spinning	Sports Hall	Dave S
18:15 - 19:15	Sculpt/Body Conditioning	Sports Hall	Alison
19:30 - 20:30	Zumba	Sports Hall	Lisa