## Garstang Fitness Classes Timetable Garstang Leisure Centre

## Accurate as of 07/05/2024

Times for Thursday 22 October			
Time	Session	Facility	Instructor
09:00 - 09:45	Spinning	Studio	Dave S
10:00 - 11:00	Zumba Tone	Studio	Jane
18:00 - 19:00	Retromovez	Studio	Lisa
19:30 - 20:30	Piloxing	Studio	Lisa