

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 25/04/2024

Times for Friday 23 October



| Time | Session | Facility | Instructor |
|---------------|-----------------------|----------|------------|
| 11:00 - 12:00 | Zumba | Studio | Lisa |
| 13:00 - 14:00 | Trigger Point Pilates | Studio | Lisa |
| 17:30 - 18:15 | Spinning | Studio | Dave S |