


# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 19/05/2024

Times for Friday 6 August				
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	