

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 03/05/2024

Times for Friday 1 July			
Time	Session	Facility	Instructor
06:30 - 07:15	Spinning	Studio	Sarah
11:00 - 12:00	Zumba	Studio	Lisa
13:00 - 14:00	Trigger Point Pilates	Studio	Lisa
17:30 - 18:15	Spinning	Studio	Dave S