

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 31/05/2026

### Times for Monday 11 May



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