

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 31/05/2026

### Times for Friday 22 May



Time	Session	Facility	Instructor
06:30 - 07:15	Spinning	Studio	Sarah
09:00 - 10:00	Body Conditioning	Studio	Sarah
11:00 - 12:00	Zumba	Studio	Lisa
17:30 - 18:15	Spinning	Studio	Dave S