

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 26/09/2026

Times for Thursday 1 October				
Time	Session	Facility	Instructor	
09:00 - 09:45	Spinning	Studio	Dave S	
10:00 - 11:00	Zumba Tone	Studio	Jane	
17:00 - 17:45	Gentle Exercise	Studio	Lisa	
18:00 - 19:00	Retromovez	Studio	Lisa	
19:15 - 20:15	Piloxing	Studio	Lisa	