Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 23/11/2026

Times for Monday 16 November

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