Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 23/11/2026

Times for Tuesday 17 November

Time	Session	Facility	Instructor
08:30 - 09:30	Body Conditioning	Studio	Jayne
09:45 - 10:45	Zumba	Studio	Lisa
12:30 - 13:30	Gentle Exercise	Studio	Jayne
18:00 - 19:00	Thighs, Bums and Tums	Studio	Debbie