Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 23/11/2026

Times for Wednesday 18 November

Time	Session	Facility	Instructor
06:30 - 07:15	Spinning	Studio	Dave S
10:30 - 12:00	Tai Chi	Studio	-
18:00 - 19:00	Beatmovez	Studio	Lisa
19:00 - 20:00	Spinning	Studio	Dave S