Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 23/11/2026

Times for Thursday 19 November

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