Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 23/11/2026

Times for Friday 20 November

Time	Session	Facility	Instructor
06:30 - 07:15	Spinning	Studio	Sarah
09:00 - 10:00	Body Conditioning	Studio	Sarah
11:00 - 12:00	Zumba	Studio	Lisa
17:30 - 18:15	Spinning	Studio	Dave S