

Group Fitness Classes

Aspire Leisure Centre

Accurate as of 09/06/2026

Times for Tuesday 9 June



Time	Session	Facility	Level
07:15 - 07:45	Metafit	Dance Studio	All
09:30 - 10:30	Body Conditioning	Dance Studio	2/3
09:30 - 10:30	Aqua Blast	Indoor Pool (25.0m)	All
10:30 - 11:30	Stretch, Tone & Relaxation	Dance Studio	All
12:00 - 13:00	Zumba	Dance Studio	All
14:00 - 15:00	Pilates	Dance Studio	All
18:20 - 19:50	Hatha Yoga	Dance Studio	All
19:00 - 20:00	Aqua Blast	Indoor Pool (25.0m)	All