

Group Fitness Classes

Aspire Leisure Centre

Accurate as of 09/06/2026

Times for Wednesday 10 June



Time	Session	Facility	Level
07:30 - 08:30	Zumba	Dance Studio	All
09:00 - 10:30	Hatha Yoga	Dance Studio	All
09:15 - 10:15	Aqua Blast	Indoor Pool (25.0m)	All
13:30 - 14:30	Seated Stretch, Tone and Relaxation	Dance Studio	All
15:00 - 16:00	Seated Dance	Dance Studio	All
18:15 - 19:15	Body Conditioning	Dance Studio	All
18:15 - 19:15	Schwinn Cycling	Stanford Room	All
19:10 - 20:10	Aqua Zumba	Indoor Pool (25.0m)	All
19:20 - 20:20	Yoga	Dance Studio	All