

Group Fitness Classes

Aspire Leisure Centre

Accurate as of 09/06/2026

Times for Thursday 11 June



Time	Session	Facility	Level
09:15 - 10:00	Aqua Blast	Indoor Pool (25.0m)	All
09:30 - 10:30	Pilates Express	Dance Studio	All
12:30 - 13:30	Tai Chi	Dance Studio	All
15:30 - 16:30	Seated Dance	Dance Studio	All
18:15 - 19:15	Schwinn Cycling	Stanford Room	All
19:40 - 20:40	Pilates	Dance Studio	