

Group Fitness Classes

Aspire Leisure Centre

Accurate as of 09/06/2026

Times for Friday 12 June



| Time | Session | Facility | Level |
|---------------|----------------|---------------------|-------|
| 09:15 - 10:15 | Aqua Therapy | Indoor Pool (25.0m) | All |
| 09:30 - 10:30 | Body Sculpt | Dance Studio | All |
| 14:30 - 15:30 | Seated Tai Chi | Dance Studio | All |
| 18:00 - 19:00 | Boot Camp | Dance Studio | All |