

Group Fitness Classes

Aspire Leisure Centre

Accurate as of 09/06/2026

Times for Saturday 13 June



Time	Session	Facility	Level
07:00 - 07:45	Schwinn Cycling	Stanford Room	All
07:45 - 08:45	Zumba	Dance Studio	All
08:00 - 08:45	Schwinn Cycling	Stanford Room	All
09:15 - 10:15	Pilates	Dance Studio	All
10:30 - 11:30	Pilates	Dance Studio	All