

Group Fitness Classes

Aspire Leisure Centre

Accurate as of 09/06/2026

Times for Sunday 14 June



Time	Session	Facility	Level
08:00 - 08:45	Schwinn Cycling	Stanford Room	All
09:00 - 09:45	Schwinn Cycling	Stanford Room	All
09:30 - 10:30	Pilates	Dance Studio	All
11:00 - 12:30	Hatha Yoga	Dance Studio	All