

Group Fitness Classes

Aspire Leisure Centre

Accurate as of 09/06/2026

Times for Monday 15 June



Time	Session	Facility	Level
09:30 - 10:30	Zumba	Dance Studio	All
10:30 - 11:30	Aqua Calm	Indoor Pool (25.0m)	All
11:00 - 12:00	Pilates	Dance Studio	All
12:05 - 13:05	Body Conditioning	Dance Studio	All
13:30 - 14:30	Chair Based Exercise	Dance Studio	All
14:15 - 15:00	Aqua Blast	Indoor Pool (25.0m)	All
18:15 - 19:15	Schwinn Cycling	Stanford Room	All
18:45 - 19:45	Body Sculpt	Dance Studio	All
20:00 - 21:00	Pilates	Dance Studio	All