## **Dance Studio Lewis Sports Centre**

## Accurate as of 12/05/2024

Times for Thursday 12 December			
Time	Session	Instructor	Туре
12:10 - 12:45	Circuit Training	Janet	Conditioning
13:00 - 13:30	Group Cycle	Janet	Group Cycle
17:15 - 17:45	Group Cycle Extra	Janet	Group Cycle