# Dance Studio
## Lewis Sports Centre

**Accurate as of 12/10/2024**

### Times for Thursday 19 December

| Time | Session | Instructor | Type |
|---|---|---|---|
| 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 |