

Dance Studio

Lewis Sports Centre

Accurate as of 07/05/2024

| Times for Thursday 16 July | | | |
|----------------------------|-------------------|------------|--------------|
| 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 |