

Dance Studio

Lewis Sports Centre

Accurate as of 20/05/2024

Times for Wednesday 24 April



| Time | Session | Instructor | Type |
|---------------|-------------------|------------|--------------|
| 12:15 - 12:45 | Group Cycle | Janet | Group Cycle |
| 13:00 - 13:30 | Abs & Arms & Legs | Janet | Conditioning |
| 18:00 - 19:00 | Body Conditioning | Janet | Conditioning |