


# Dance Studio

## Lewis Sports Centre

Accurate as of 20/05/2024

Times for Wednesday 1 May				
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	