

Dance Studio

Lewis Sports Centre

Accurate as of 18/08/2026

Times for Wednesday 19 August			
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