Dance Studio

Lewis Sports Centre

Accurate as of 16/11/2026

Times for Tuesday 17 November

Time	Session	Instructor	Type
12:15 - 12:45	Group Cycle	Janet	Group Cycle
13:00 - 13:30	Core 'n' More	Janet	Conditioning
17:00 - 18:00	Body Conditioning	Janet	Conditioning
18:00 - 18:45	Group Cycle	Janet	Group Cycle