

# Class Timetable

## Congleton Leisure Centre

Accurate as of 18/05/2024

Times for Tuesday 17 July

| Time          | Session                         | Facility            |
|---------------|---------------------------------|---------------------|
| 08:30 - 09:30 | Pilates                         | Practice Hall       |
| 09:30 - 10:30 | Pilates Beginner / Intermediate | Practice Hall       |
| 09:30 - 10:30 | PiYo                            | Squash Courts       |
| 10:00 - 11:00 | Aquafit (Deep Water)            | Indoor Pool (25.0m) |
| 11:00 - 12:00 | Aquafit                         | Indoor Pool (25.0m) |
| 19:00 - 19:30 | Body Pump                       | Practice Hall       |
| 19:30 - 21:00 | Yoga                            | Practice Hall       |