

# Class Timetable

## Congleton Leisure Centre

Accurate as of 05/05/2024

### Times for Wednesday 18 July



Time	Session	Facility
06:30 - 07:00	HIIT	Practice Hall
09:15 - 10:00	Body Pump	Practice Hall
18:00 - 19:00	Core Stability	Practice Hall
19:00 - 20:00	Pilates	Practice Hall