

# Class Timetable

## Congleton Leisure Centre

Accurate as of 17/04/2024

### Times for Monday 23 July



Time	Session	Facility
06:30 - 07:00	HIIT	Practice Hall
09:15 - 10:00	Core Stability	Dance Studio
09:15 - 10:15	Kettlercise	Practice Hall
10:30 - 11:30	Yoga	Practice Hall
11:30 - 12:00	Core Stability	Practice Hall
13:00 - 14:00	Club 50+	Dance Studio
14:30 - 15:15	Group Cycling	Squash Courts
18:00 - 18:45	Group Cycling	Squash Courts
19:00 - 19:30	Military Fitness	Practice Hall
19:00 - 19:45	Group Cycling	Squash Courts