


# Class Timetable

## Congleton Leisure Centre

Accurate as of 21/09/2024

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	