

Class Timetable

Congleton Leisure Centre

Accurate as of 29/04/2024

Times for Tuesday 24 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