

Class Timetable

Congleton Leisure Centre

Accurate as of 26/04/2024

Times for Friday 23 November



| Time | Session | Facility |
|---------------|---------------|---------------------|
| 06:30 - 07:00 | HIIT | Practice Hall |
| 08:30 - 09:30 | Yoga | Practice Hall |
| 09:30 - 10:30 | Pilates | Practice Hall |
| 10:30 - 11:30 | Zumba | Practice Hall |
| 12:00 - 12:45 | Group Cycling | Squash Courts |
| 14:30 - 15:30 | Aquafit | Indoor Pool (25.0m) |
| 17:30 - 18:00 | HIIT | Practice Hall |
| 18:00 - 18:45 | Group Cycling | Squash Courts |