

Class Timetable

Congleton Leisure Centre

Accurate as of 08/05/2024

Times for Thursday 29 November



| Time | Session | Facility |
|---------------|---------------|---------------|
| 09:30 - 10:15 | HIIT | Practice Hall |
| 10:30 - 11:30 | Pilates | Practice Hall |
| 13:00 - 14:00 | Club 50+ | Dance Studio |
| 18:00 - 18:45 | Group Cycling | Squash Courts |
| 18:00 - 18:45 | Zumba Tone | Practice Hall |
| 19:00 - 19:45 | Group Cycling | Squash Courts |
| 19:00 - 20:00 | Kettlercise | Practice Hall |