

# Class Timetable

## Congleton Leisure Centre

Accurate as of 07/05/2024

### Times for Friday 30 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)
18:00 - 18:45	Group Cycling	Squash Courts
19:00 - 19:30	Circuit Training	Practice Hall