Class Timetable Congleton Leisure Centre

Accurate as of 04/05/2024

Times for Monday 25 February

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Time	Session	Facility
06:30 - 07:00	НІІТ	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