


# Fitness Classes

## Arena Sports Centre

Accurate as of 07/05/2024

Times for Wednesday 3 May				
Time	Session	Facility	Instructor	
06:45 - 09:15	Open to all gym members	Dance Studio		
09:30 - 10:15	Aero Tone	Dance Studio	Jo	
10:15 - 11:00	Spin	Dance Studio	Jo	
11:30 - 17:45	Open to all gym members	Dance Studio		
18:45 - 19:30	HIIT	Dance Studio	Su	
19:30 - 20:15	Spin	Dance Studio	Su	
20:30 - 21:30	Open to all gym members	Dance Studio		