

Fitness Classes

Arena Sports Centre

Accurate as of 27/04/2024

Times for Wednesday 5 July



| 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 | |
| 18:00 - 18:45 | Trim with Tone | Dance Studio | Tony Collins |
| 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 | |