## Fitness Classes Arena Sports Centre

## Accurate as of 17/05/2024

| Times for Saturday 8 July |                         |              |            |
|---------------------------|-------------------------|--------------|------------|
| Time                      | Session                 | Facility     | Instructor |
| 10:00 - 10:45             | Aerobics                | Dance Studio | Lucy       |
| 11:00 - 17:30             | Open to all gym members | Dance Studio |            |