


Fitness Classes

Arena Sports Centre

Accurate as of 17/05/2024

Times for Tuesday 15 August				
Time	Session	Facility	Instructor	
06:45 - 07:30	Spin	Dance Studio	Katie	
07:45 - 09:15	Open to all gym members	Dance Studio		
09:30 - 10:15	Tone	Dance Studio	Jo	
10:15 - 11:00	Low Impact	Dance Studio	Jo	
12:00 - 15:00	Open to all gym members	Dance Studio		
18:00 - 18:45	Body Sculpt	Dance Studio	Sam	
18:45 - 19:30	Boxercise	Dance Studio	Sean	
19:30 - 20:15	Spin	Dance Studio	Tony Collins	
20:30 - 21:30	Open to all gym members	Dance Studio		