


Fitness Classes

Arena Sports Centre

Accurate as of 21/05/2024

Times for Monday 16 October				
Time	Session	Facility	Instructor	
06:45 - 09:15	Open to all gym members	Dance Studio		
09:30 - 11:00	Yoga	Dance Studio	Sarah	
11:00 - 11:45	Tone	Dance Studio	Jo	
12:00 - 16:00	Open to all gym members	Dance Studio		
17:15 - 18:00	Spin	Dance Studio	Katie	
18:00 - 18:45	Fit Step	Dance Studio	Su	
18:45 - 19:30	Multifit Circuits	Dance Studio	Su	
19:30 - 20:15	Aerobics	Dance Studio	Lucy	
20:30 - 21:30	Open to all gym members	Dance Studio		