


Fitness Classes

Arena Sports Centre

Accurate as of 30/04/2024

Times for Thursday 19 October				
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	High Impact	Dance Studio	Jo	
10:15 - 11:00	Toning	Dance Studio	Jo	
11:00 - 11:45	Stretch	Dance Studio	Jo	
12:00 - 15:30	Open to all gym members	Dance Studio		
18:00 - 18:45	Spin	Dance Studio	Lucy	
18:45 - 19:30	Boxercise Circuits	Dance Studio	Sean	
19:45 - 20:45	Just Jive	Dance Studio	Paul	
20:45 - 22:00	Just Jive	Dance Studio	Paul	