

# Fitness Classes

## Arena Sports Centre

Accurate as of 24/04/2024

### Times for Tuesday 19 December



| 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 |              |