Fitness Classes

Arena Sports Centre

Accurate as of 12/10/2024

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	