

# Fitness Classes

## Arena Sports Centre

Accurate as of 30/04/2024

### Times for Friday 23 February



| Time          | Session | Facility     | Instructor |
|---------------|---------|--------------|------------|
| 09:30 - 10:15 | Tone    | Dance Studio | Jo         |
| 10:15 - 11:00 | Spin    | Dance Studio | Jo         |