

Fitness Classes

Arena Sports Centre

Accurate as of 04/05/2024

Times for Monday 16 July



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	