

Fitness Classes

Arena Sports Centre

Accurate as of 05/05/2024

| Times for Saturday 21 July | | | |
|----------------------------|-------------------------|--------------|------------|
| Time | Session | Facility | Instructor |
| 10:00 - 10:45 | Aerobics | Dance Studio | Lucy |
| 11:00 - 17:30 | Open to all gym members | Dance Studio | |