

Fitness Classes

Arena Sports Centre

Accurate as of 17/05/2025

Times for Monday 24 September



| 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 | |