## Fitness Classes Arena Sports Centre

## Accurate as of 29/04/2024

Times for Friday 22 March				<b>©</b>
Time	Session	Facility	Instructor	
09:30 - 10:15	Tone	Dance Studio	Jo	
10:15 - 11:00	Spin	Dance Studio	Jo	
11:00 - 12:30	Yoga	Dance Studio	Sarah	