

# Fitness Classes

## Arena Sports Centre

Accurate as of 06/05/2024

### Times for Saturday 23 March

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