

Class Timetable

Marl Pits Leisure Centre

Accurate as of 01/05/2024

| Times for Friday 22 February | | | |
|------------------------------|-------------|--------------|-------------------|
| Time | Session | Facility | Type |
| 11:30 - 12:00 | Meta-Fit | Dance Studio | Circuit |
| 13:30 - 14:00 | Cardio Abs | Dance Studio | Cardio |
| 17:30 - 18:30 | Body Combat | Dance Studio | High Impact |
| 18:30 - 19:30 | Body Pump | Dance Studio | Weight Classes |
| 19:00 - 20:00 | Aqua Fit | Dance Studio | Aqua - Splashpath |