

Class Timetable

Marl Pits Leisure Centre

Accurate as of 06/05/2024

Times for Monday 15 April



| Time | Session | Facility | Type |
|---------------|------------------------|--------------|--------------------|
| 07:15 - 07:45 | Meta-Fit | Dance Studio | Circuit |
| 09:15 - 09:45 | Cardio Abs | Dance Studio | Cardio |
| 10:45 - 11:45 | Beginners jogging club | Dance Studio | Cardio |
| 12:00 - 12:45 | Yoga | Dance Studio | Holistic |
| 13:00 - 14:00 | Circuit Class Lite | Dance Studio | Healthy Lifestyles |
| 14:00 - 15:00 | Circuit Class Lite | Dance Studio | Healthy Lifestyles |
| 16:30 - 17:00 | Meta-Fit | Dance Studio | Circuit |
| 17:30 - 18:30 | Body Pump | Dance Studio | Weight Classes |
| 18:30 - 19:30 | Body Combat | Dance Studio | High Impact |
| 19:30 - 20:30 | Yogalates | Dance Studio | Holistic |