

# Class Timetable

## Marl Pits Leisure Centre

Accurate as of 30/04/2024

### Times for Wednesday 14 August



Time	Session	Facility	Type
13:00 - 14:00	Legs, Bums & Tums	Dance Studio	Cardio
14:45 - 15:45	Aqua Fit Lite	Indoor Pool (25.0m)	Aqua - Splashpath
17:30 - 18:00	Meta-Fit	Dance Studio	Circuit
18:00 - 18:30	Cardio Abs	Dance Studio	Cardio
18:30 - 18:45	Stretching	Dance Studio	Holistic
19:00 - 20:00	Yoga	Dance Studio	Holistic