

# Class Timetable

## Marl Pits Leisure Centre

Accurate as of 13/05/2024

Times for Friday 16 August			
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