

Class Timetable

Marl Pits Leisure Centre

Accurate as of 19/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Type
10:00 - 11:00	40:20 Yoga	Dance Studio	Cardio
14:00 - 15:30	Cardiac Rehab Circuit	Dance Studio	Healthy Lifestyles
16:30 - 17:00	Metafit	Dance Studio	High Impact
17:30 - 18:15	Kettlercise	Dance Studio	High Impact
18:15 - 19:00	Pilates	Dance Studio	Holistic
19:15 - 20:00	Aqua Fit	Indoor Pool (25.0m)	Aqua - Splashpath
19:30 - 20:00	Meta-Fit	Dance Studio	Circuit