

Exercise Classes

Midsomer Norton Sports Centre

Accurate as of 03/07/2024

Times for Wednesday 1 April



Time	Session	Facility	Instructor	Level
6:45 am - 7:30 am	Group Cycle	Main Studio	Ken	Any
10:00 am - 10:45 am	Zumba®	Main Studio	Bev	Any
10:45 am - 11:30 am	Legs, Tums and Bums	Main Studio	Bev	Any
12:00 pm - 1:00 pm	Pilates	Main Studio	Mirella	Any
12:30 pm - 1:15 pm	Aqua Zumba®	Swimming Pool	Jodie	Any
1:15 pm - 1:50 pm	Group Cycle	Main Studio	Paul C	Any
4:30 pm - 5:25 pm	Street Dance	Main Studio	Amy	Any
5:30 pm - 6:15 pm	Group Cycle	Main Studio	Lewis	Any
6:30 pm - 7:10 pm	Bootcamp	Main Studio	Lewis	Any
7:15 pm - 7:55 pm	Kettlebell	Main Studio	Caroline	Any
8:00 pm - 8:55 pm	Pilates	Main Studio	Hannah	Any