

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 24/04/2024

### Times for Monday 23 January



Time	Session	Facility	Instructor
09:30 - 10:30	Aerobics	Studio	Anais
10:30 - 11:30	Fitness pilates	Studio	Anais
17:30 - 18:30	Les Mills BodyPump	Studio	Ruth