

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 04/05/2024

### Times for Saturday 28 January



| Time          | Session       | Facility | Instructor |
|---------------|---------------|----------|------------|
| 09:00 - 10:00 | Group cycling | Studio   |            |
| 10:05 - 10:35 | HIIT strength | Studio   |            |