

Fitness classes

Baysgarth Leisure Centre

Accurate as of 03/05/2024

Times for Friday 3 March



| Time | Session | Facility | Instructor |
|---------------|-----------------|----------|------------|
| 08:30 - 09:15 | Group cycling | Studio | Rob |
| 10:30 - 11:30 | Fitness pilates | Studio | Stef |