## Fitness classes Baysgarth Leisure Centre

## Accurate as of 25/04/2024

| Times for Friday 28 April |                 |          |            | <b>(</b> |
|---------------------------|-----------------|----------|------------|----------|
| Time                      | Session         | Facility | Instructor |          |
| 08:30 - 09:15             | Group cycling   | Studio   | Rob        |          |
| 10:30 - 11:30             | Fitness pilates | Studio   | Stef       |          |