Fitness classes

Baysgarth Leisure Centre

Accurate as of 12/10/2024

Times for Monday 3 July

Time	Session	Facility	Instructor
08:30 - 09:30	Les Mills BodyPump	Studio	Anais
09:30 - 10:30	Aerobics	Studio	Anais
10:30 - 11:30	Fitness pilates	Studio	Anais
17:30 - 18:30	Les Mills BodyPump	Studio	Ruth