## Fitness classes Baysgarth Leisure Centre

## Accurate as of 06/05/2024

| Times for Monday 23 October |                    |          |            |
|-----------------------------|--------------------|----------|------------|
| 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       |