

Fitness classes

Baysgarth Leisure Centre

Accurate as of 23/04/2024

Times for Wednesday 20 December



Time	Session	Facility	Instructor
09:00 - 10:00	Group cycling	Studio	Karen
10:05 - 10:50	Kettlebell	Studio	Karen
11:00 - 12:30	Yoga	Studio	Julie
18:00 - 19:00	Kettlebell	Studio	Katie
19:00 - 20:00	Boxercise	Studio	Katie