# Fitness classes

## Baysgarth Leisure Centre

**Accurate as of 12/10/2024**

### Times for Tuesday 20 March

| Time | Session | Facility | Instructor |
|---|---|---|---|
| 17:15 - 18:00 | Aerobics | Studio | Anais |
| 18:00 - 19:00 | Les Mills BodyPump | Studio | Anais |
| 19:10 - 20:10 | Group cycling | Studio | Rob |