

Fitness classes

Baysgarth Leisure Centre

Accurate as of 06/05/2024

Times for Monday 18 June



| Time | Session | Facility | Instructor |
|---------------|----------------------|----------|------------|
| 08:30 - 09:30 | Les Mills BodyPump | Studio | Theo |
| 09:30 - 10:30 | LBT | Studio | Stef |
| 10:30 - 11:30 | Fitness pilates | Studio | |
| 17:30 - 18:30 | Les Mills BodyPump | Studio | Ruth |
| 18:30 - 19:15 | Les Mills BodyAttack | Studio | Ruth |