

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 26/04/2024

### Times for Friday 24 August



Time	Session	Facility	Instructor
08:30 - 09:15	Group cycling	Studio	Rob
10:30 - 11:30	Fitness pilates	Studio	Stef
17:30 - 18:00	Les Mills BodyAttack	Studio	Theo
18:00 - 19:00	Les Mills BodyPump	Studio	Theo