

Fitness classes

Baysgarth Leisure Centre

Accurate as of 11/05/2024

Times for Thursday 30 August			
Time	Session	Facility	Instructor
09:30 - 10:30	Les Mills BodyPump	Studio	Theo
10:30 - 11:15	Les Mills BodyAttack	Studio	Theo
12:15 - 13:45	Yoga	Studio	Julie