

Fitness classes

Baysgarth Leisure Centre

Accurate as of 17/05/2025

Times for Tuesday 23 October



| Time | Session | Facility | Instructor |
|---------------|-------------------------|----------|------------|
| 07:15 - 08:00 | Group Cycling | Studio | Annie |
| 10:00 - 11:00 | Legs, Bums & Tums (LBT) | Studio | Stef |
| 17:15 - 18:00 | Aerobics | Studio | Anais |
| 18:00 - 19:00 | Les Mills BodyPump | Studio | Anais |
| 19:10 - 20:10 | Group Cycling | Studio | Rob |