

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 29/04/2024

### Times for Monday 14 January



Time	Session	Facility	Instructor
08:30 - 09:30	Les Mills BodyPump	Studio	Anais
09:30 - 10:30	Aerobics	Studio	Anais
10:30 - 11:30	Fitness pilates	Studio	Anais
17:30 - 18:30	Les Mills BodyPump	Studio	Ruth
18:30 - 19:15	Les Mills BodyAttack	Studio	Ruth