

Fitness classes

Baysgarth Leisure Centre

Accurate as of 01/05/2024

| Times for Thursday 24 January | | | |
|-------------------------------|----------------------|----------|------------|
| Time | Session | Facility | Instructor |
| 07:00 - 07:45 | Group cycling | Studio | Annie |
| 09:30 - 10:30 | Les Mills BodyPump | Studio | Anais |
| 10:30 - 11:15 | Les Mills BodyCombat | Studio | Anais |