

Fitness classes

Baysgarth Leisure Centre

Accurate as of 14/05/2024

Times for Monday 20 May			
Time	Session	Facility	Instructor
08:30 - 09:30	Les Mills BodyPump	Sports Hall	Kelly
10:30 - 11:30	Fitness pilates	Sports Hall	Stef
17:30 - 18:30	Les Mills BodyPump	Sports Hall	Ruth
18:30 - 19:15	Les Mills BodyAttack	Sports Hall	Ruth
19:15 - 20:00	Fitness pilates	Sports Hall	Ruth