

Fitness classes

Baysgarth Leisure Centre

Accurate as of 17/04/2024

Times for Wednesday 22 May



Time	Session	Facility	Instructor
08:00 - 09:00	Group cycling	Sports Hall	Paul
09:15 - 10:00	Kettlebell	Sports Hall	Paul
10:00 - 11:00	Boxercise	Sports Hall	Paul