

Fitness classes

Baysgarth Leisure Centre

Accurate as of 19/04/2024

Times for Thursday 23 May



Time	Session	Facility	Instructor
07:15 - 08:00	Group cycling	Sports Hall	
09:30 - 10:30	Les Mills BodyPump	Sports Hall	Lisa
10:30 - 11:15	Les Mills BodyCombat	Sports Hall	Lisa