

Fitness classes

Baysgarth Leisure Centre

Accurate as of 02/05/2024

Times for Thursday 30 May



| Time | Session | Facility | Instructor |
|---------------|----------------------|-------------|------------|
| 07:15 - 08:00 | Group cycling | Sports Hall | Annie |
| 09:30 - 10:30 | Les Mills BodyPump | Sports Hall | Theo |
| 10:30 - 11:15 | Les Mills BodyAttack | Sports Hall | Theo |