

Fitness classes

Baysgarth Leisure Centre

Accurate as of 22/05/2024

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