

Fitness classes

Baysgarth Leisure Centre

Accurate as of 21/05/2024

Times for Friday 31 May			
Time	Session	Facility	Instructor
09:00 - 09:45	Group cycling	Sports Hall	Rob
10:30 - 11:30	Fitness pilates	Studio	Stef
18:00 - 19:00	Les Mills BodyPump	Sports Hall	Kelly