

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 16/05/2024

### Times for Wednesday 27 March



Time	Session	Facility	Instructor
09:10 - 09:55	Les Mills BodyPump	Studio	Laura J
10:00 - 10:45	Fitness pilates	Studio	Laura J
10:45 - 11:30	FitSteps	Studio	Laura J
12:00 - 13:00	Seated chair circuit	Studio	Jordan
13:15 - 14:15	Exercising with Parkinson's	Studio	Jordan
16:30 - 17:30	Junior Gym	Gym	Ed
17:45 - 18:45	Les Mills BodyCombat	Studio	Charlee
19:00 - 19:45	Virtual Les Mills BodyPump	Studio	Charlee