

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 11/04/2024

Times for Friday 29 March			
Time	Session	Facility	Instructor
09:15 - 10:15	Les Mills BodyCombat	Studio	Charlee
10:30 - 11:30	Les Mills BodyPump	Studio	Charlee
16:00 - 17:00	Junior Gym	Gym	Ed