

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 02/05/2024

### Times for Saturday 30 March



| Time          | Session               | Facility | Instructor         |
|---------------|-----------------------|----------|--------------------|
| 07:45 - 08:15 | Virtual Les Mills RPM | Studio   | Virtual instructor |
| 08:30 - 09:30 | Aerobics              | Studio   | Ruth               |
| 09:30 - 10:30 | Fitness pilates       | Studio   | Ruth               |
| 11:30 - 15:00 | Virtual on demand     | Studio   | Virtual instructor |