

Fitness classes

Baysgarth Leisure Centre

Accurate as of 01/05/2024

Times for Monday 1 April



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills Core	Studio	Virtual instructor
08:00 - 09:00	Virtual Les Mills BodyPump	Studio	Virtual Class
09:15 - 10:15	Virtual Les Mills BodyCombat	Studio	Virtual Class
10:15 - 11:00	Virtual Les Mills BodyBalance	Studio	Virtual Class
16:00 - 17:00	Junior Gym	Gym	Ed