

Fitness classes

Baysgarth Leisure Centre

Accurate as of 01/05/2024

Times for Wednesday 3 April



Time	Session	Facility	Instructor
09:10 - 09:55	Virtual Les Mills BodyPump	Studio	Virtual Class
10:00 - 10:45	Virtual Les Mills BodyBalance	Studio	Virtual Class
10:45 - 11:30	Virtual Sh'Bam	Studio	Virtual Class
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 - 18:30	Group cycling	Studio	Ruth
18:40 - 19:40	Fitness pilates	Studio	Ruth