

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 01/05/2024

### Times for Thursday 4 April



Time	Session	Facility	Instructor
06:15 - 07:00	Virtual Les Mills BodyPump	Studio	Virtual instructor
09:00 - 10:00	Kettlebell	Studio	Stef
10:00 - 11:00	Aquacise	Pool	Lindsay
10:00 - 11:00	Stretch & tone	Studio	Stef
11:00 - 11:45	Good Boost	Pool	Lindsay
11:15 - 12:15	Chair based gentle exercise	Studio	Sarah
18:00 - 19:00	Circuits	Studio	Chris Elliott
19:15 - 20:00	Group cycling	Studio	Chris Elliott