

Fitness classes

Baysgarth Leisure Centre

Accurate as of 16/05/2024

Times for Friday 5 April



Time	Session	Facility	Instructor
09:00 - 10:00	Good Boost	Pool	Lindsay
09:15 - 10:15	Group cycling	Studio	Stef
10:25 - 11:25	Fitness pilates	Studio	Stef
17:30 - 18:30	Virtual Les Mills BodyCombat	Studio	Virtual instructor
18:30 - 19:30	Virtual Les Mills BodyPump	Studio	Virtual instructor