

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 04/05/2024

### Times for Tuesday 25 April



| Time          | Session   | Facility    | Instructor |
|---------------|-----------|-------------|------------|
| 17:30 - 18:00 | HIIT core | Sports Hall | Carrie     |
| 18:00 - 19:00 | Circuits  | Sports Hall | Carrie     |