Fitness Classes Epworth Leisure Centre

Accurate as of 16/05/2024

| Times for Tuesday 15 August | | | |
|-----------------------------|------------|-------------|------------|
| Time | Session | Facility | Instructor |
| 17:30 - 18:00 | HIIT core | Sports Hall | Carrie |
| 18:00 - 19:00 | Circuits | Sports Hall | Carrie |
| 19:00 - 20:00 | Kettlebell | Sports Hall | Carrie |