

Fitness Classes

Epworth Leisure Centre

Accurate as of 01/05/2024

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