

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 26/04/2024

### Times for Wednesday 20 December



| Time          | Session        | Facility    | Instructor |
|---------------|----------------|-------------|------------|
| 17:45 - 18:45 | Stability ball | Sports Hall | Wayne      |
| 18:45 - 19:45 | Circuits       | Sports Hall | Wayne      |