

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 08/05/2024

### Times for Thursday 1 November



Time	Session	Facility	Instructor
09:15 - 10:00	Group cycling	Squash Courts	Sarah
17:45 - 18:45	Bootcamp	Sports Hall	Katie M
19:00 - 19:45	Fitness pilates	Sports Hall	Katie M