

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 06/05/2024

### Times for Thursday 30 May



| Time          | Session                | Facility      | Instructor |
|---------------|------------------------|---------------|------------|
| 09:15 - 10:00 | Group cycling          | Squash Courts | Sarah      |
| 10:15 - 11:00 | FitStart Group Cycling | Squash Courts | Sarah      |
| 17:45 - 18:45 | Bootcamp               | Sports Hall   | Katie M    |
| 19:00 - 19:45 | Fitness pilates        | Sports Hall   | Katie M    |