

# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 02/05/2024

### Times for Monday 19 March



Time	Session	Facility	Type
07:00 - 07:30	Group Cycling	Studio	Fitness
10:00 - 11:00	Pilates	Studio	Fitness
12:15 - 13:00	Body Pump	Studio	Fitness
18:00 - 18:30	GRIT Strength	Studio	Fitness
18:45 - 19:30	Circuit Training	Studio	Fitness
20:00 - 20:45	Zumba	Studio	Fitness