

# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 04/05/2024

| Times for Saturday 24 March |               |          |         |
|-----------------------------|---------------|----------|---------|
| Time                        | Session       | Facility | Type    |
| 08:30 - 09:15               | Group Cycling | Studio   | Fitness |
| 09:30 - 10:15               | HIIT          | Studio   | Fitness |
| 10:30 - 11:30               | Body Pump     | Studio   | Fitness |