

Group Fitness

Holmes Chapel Community Centre

Accurate as of 23/04/2024

Times for Wednesday 20 June



Time	Session	Facility	Type
09:15 - 10:15	Yoga	Studio	Fitness
10:20 - 11:50	50+ Yoga	Studio	Fitness
12:15 - 13:00	Kettlercise	Studio	Fitness
17:30 - 18:15	Group Cycling	Studio	Fitness
18:30 - 19:30	Bootcamp	Senior Rugby Union Grass Pitch	Fitness
18:45 - 19:30	Legs, Bums & Tums	Studio	Fitness
19:45 - 20:45	Clubbercise	Studio	Fitness