


# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 03/05/2024

Times for Tuesday 25 September				
Time	Session	Facility	Type	
06:45 - 07:15	GRIT Strength	Studio	Fitness	
09:15 - 10:00	Body Combat	Studio	Fitness	
12:15 - 13:00	Circuit Training	Studio	Fitness	
17:30 - 18:15	Group Cycling	Studio	Fitness	
18:30 - 19:00	GRIT Strength	Studio	Fitness	
18:30 - 19:30	Boxercise	Studio	Fitness	
19:15 - 20:15	Body Combat	Studio	Fitness	