

Group Fitness

Holmes Chapel Community Centre

Accurate as of 15/05/2024

| Times for Thursday 27 September | | | |
|---------------------------------|---------------|----------|---------|
| Time | Session | Facility | Type |
| 09:15 - 10:00 | PiYo | Studio | Fitness |
| 10:00 - 10:30 | Boxercise | Studio | Fitness |
| 10:45 - 11:30 | Zumba Gold | Studio | Zumba |
| 12:15 - 13:00 | HIIT | Studio | Fitness |
| 16:00 - 17:00 | Next Gen Gym | Gym | Fitness |
| 18:00 - 18:30 | GRIT Strength | Studio | Fitness |
| 18:45 - 19:30 | Body Combat | Studio | Fitness |
| 19:45 - 20:30 | Body Pump | Studio | Fitness |
| 20:30 - 21:30 | Pilates | Studio | Fitness |