

# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 15/05/2024

Times for Friday 28 September			
Time	Session	Facility	Type
09:15 - 10:15	Yoga	Studio	Fitness
10:30 - 11:00	HIIT	Studio	Fitness
11:00 - 11:45	50+ Bodytone	Studio	Fitness
12:15 - 13:00	Spin and Tone	Studio	Fitness
17:45 - 18:15	GRIT Cardio	Studio	Fitness