

# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 01/05/2024

### Times for Wednesday 12 December



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
18:45 - 19:30	Legs, Bums & Tums	Studio	Fitness
19:45 - 20:45	Clubbercise	Studio	Fitness