Group Fitness Holmes Chapel Community Centre

Accurate as of 15/05/2024

| Times for Wednesday 12 December | | | |
|---------------------------------|-------------------|----------|---------|
| Time | Session | Facility | Туре |
| 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 |