

# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 15/05/2024

Times for Thursday 13 December			
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