

# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 25/04/2024

### Times for Tuesday 18 December



Time	Session	Facility	Type
06:45 - 07:15	GRIT Strength	Studio	Fitness
09:15 - 10:00	Body Combat	Studio	Fitness
12:15 - 13:00	Circuit Training	Studio	Fitness
17:30 - 18:15	Group Cycling	Studio	Fitness
18:30 - 19:00	GRIT Strength	Studio	Fitness
18:30 - 19:30	Boxercise	Studio	Fitness
19:15 - 20:15	Body Combat	Studio	Fitness