

Group Fitness

Holmes Chapel Community Centre

Accurate as of 12/05/2024

Times for Tuesday 26 March



Time	Session	Facility	Type
08:30 - 09:15	Body Pump	Studio	Fitness
09:30 - 10:15	Body Combat	Studio	Fitness
12:30 - 13:00	Circuit Training	Studio	Fitness
14:30 - 15:15	Group Cycling	Studio	Fitness
17:30 - 18:15	Body Combat	Studio	Fitness
18:30 - 19:00	GRIT Cardio	Studio	Fitness
19:30 - 20:15	Clubbercise	Studio	Fitness