

# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 28/04/2024

### Times for Monday 1 April



Time	Session	Facility	Type
09:30 - 10:15	Pilates	Studio	Fitness
10:30 - 11:15	Body Combat	Studio	Fitness
12:30 - 13:15	Legs, Bums & Tums	Studio	Fitness
13:30 - 14:15	Kettlebells	Studio	Fitness
17:30 - 18:15	Circuit Training	Studio	Fitness
18:30 - 19:00	GRIT Cardio	Studio	Fitness
19:30 - 20:15	Dance Fit	Studio	Fitness