## **Group Fitness** Holmes Chapel Community Centre

## Accurate as of 21/09/2024

| Times for Monday 1 April |                   |          |         |
|--------------------------|-------------------|----------|---------|
| Time                     | Session           | Facility | Туре    |
| 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 |