

Group Fitness

Holmes Chapel Community Centre

Accurate as of 28/04/2024

Times for Wednesday 3 April



Time	Session	Facility	Type
07:30 - 08:00	GRIT Cardio	Studio	Fitness
09:30 - 10:15	Yoga	Studio	Fitness
10:30 - 11:00	Yoga	Studio	Fitness
12:30 - 13:15	Pilates	Studio	Fitness
13:30 - 14:00	HIIT	Studio	Fitness
17:30 - 18:15	Group Cycling	Studio	Fitness
18:30 - 19:00	HIIT	Studio	Fitness
19:30 - 20:15	Legs, Bums & Tums	Studio	Fitness