

Group Fitness

Holmes Chapel Community Centre

Accurate as of 11/05/2024

Times for Thursday 4 April



Time	Session	Facility	Type
09:30 - 10:15	HIIT	Studio	Fitness
10:30 - 11:15	Kettlebells	Studio	Fitness
12:30 - 13:15	Body Pump	Studio	Fitness
14:30 - 15:15	Yoga	Studio	Fitness
17:30 - 18:00	GRIT Strength	Studio	Fitness
18:30 - 19:00	Body Combat	Studio	Fitness
19:30 - 20:15	Yoga	Studio	Fitness