


# Group Fitness

## Holmes Chapel Community Centre

Accurate as of 20/05/2024

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	