

Group Fitness

Crewe Lifestyle Centre

Accurate as of 18/05/2024

| Times for Wednesday 18 July | | | |
|-----------------------------|-------------------|----------|----------|
| Time | Session | Facility | Type |
| 06:30 - 07:15 | Group Cycling | Studio 4 | Fitness |
| 09:20 - 10:20 | Body Combat | Studio 5 | Fitness |
| 10:20 - 11:20 | Pilates | Studio 5 | Fitness |
| 17:00 - 17:45 | Group Cycling | Studio 4 | Fitness |
| 18:00 - 18:30 | GRIT Cardio | Studio 4 | Fitness |
| 18:30 - 19:15 | Aquafit | Pool | Swimming |
| 18:35 - 19:35 | Body Pump | Studio 4 | Fitness |
| 19:45 - 20:30 | Legs, Bums & Tums | Studio 4 | Fitness |
| 20:35 - 21:35 | Pilates | Studio 5 | Fitness |