## **Group Fitness** Crewe Lifestyle Centre

## Accurate as of 07/05/2024

| Times for Saturday 21 July |                    |             | 0       |
|----------------------------|--------------------|-------------|---------|
| Time                       | Session            | Facility    | Туре    |
| 08:30 - 09:15              | Group Cycling      | Studio 4    | Fitness |
| 09:30 - 10:15              | Body Attack        | Studio 4    | Fitness |
| 09:30 - 10:30              | Zumba              | Sports Hall | Fitness |
| 10:30 - 11:30              | Body Pump          | Studio 5    | Fitness |
| 12:00 - 13:00              | Family Fun Session | Sports Hall | Fitness |
| 17:00 - 17:45              | Group Cycling      | Studio 4    | Fitness |