

# Group Fitness

## Crewe Lifestyle Centre

Accurate as of 05/05/2024

Times for Monday 23 July			
Time	Session	Facility	Type
06:30 - 07:15	Group Cycling	Studio 4	Fitness
09:30 - 10:15	Combat MX	Studio 5	Fitness
10:00 - 10:45	Aquafit	Pool	Swimming
10:20 - 11:20	Pilates	Studio 4	Fitness
11:30 - 12:30	COPD Rehabilitation	Gym	Fitness
12:30 - 13:30	50+ Music and Movement	Studio 5	Fitness
16:00 - 16:45	Junior Fitness	Studio 5	Fitness
17:00 - 17:45	Group Cycling	Studio 4	Fitness
18:00 - 18:45	Body Pump	Studio 5	Fitness
19:35 - 20:20	Body Attack	Studio 4	Fitness
20:30 - 21:30	Yoga	Studio 4	Fitness