Group Fitness
Crewe Lifestyle Centre

Accurate as of 12/10/2024

Times for Wednesday 25 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