

# Group Fitness

## Crewe Lifestyle Centre

Accurate as of 19/04/2024

### Times for Saturday 24 November



Time	Session	Facility	Type
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