

Group Fitness

Crewe Lifestyle Centre

Accurate as of 02/05/2024

Times for Friday 30 November



| Time | Session | Facility | Type |
|---------------|-----------------------|----------|---------|
| 06:30 - 07:15 | Spin - Coach by Color | Studio 4 | Fitness |
| 09:30 - 10:15 | Legs, Bums & Tums | Studio 5 | Fitness |
| 10:20 - 11:20 | Yoga | Studio 5 | Fitness |
| 12:00 - 13:00 | Virtual Spin | Studio 4 | Fitness |
| 17:15 - 18:15 | Body Attack | Studio 5 | Fitness |
| 17:30 - 18:15 | Clubbercise | Studio 4 | Fitness |
| 18:30 - 19:15 | Body Pump | Studio 5 | Fitness |
| 19:30 - 20:30 | Pilates | Studio 4 | Fitness |