

Group Fitness

Crewe Lifestyle Centre

Accurate as of 02/05/2024

Times for Saturday 1 December



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