Group Fitness
Crewe Lifestyle Centre

Accurate as of 12/10/2024

Times for Thursday 28 February

Time	Session	Facility	Type
06:30 - 07:15	Body Attack	Studio 5	Fitness
07:30 - 08:15	Group Cycling	Studio 4	Fitness
09:30 - 10:30	Body Pump	Studio 4	Fitness
10:45 - 11:45	Body Attack	Studio 4	Fitness
12:15 - 13:00	Pilates	Studio 5	Fitness
16:00 - 16:45	Kids Zumba	Studio 5	Fitness
17:10 - 17:55	Kettlercise	Studio 5	Fitness
18:00 - 18:30	Express Body Pump	Studio 5	Fitness
18:35 - 19:35	Body Combat	Studio 5	Fitness
19:45 - 20:30	Spin - Coach by Color	Studio 4	Fitness
20:00 - 20:45	Aquafit	Pool	Swimming