

Group Fitness

Crewe Lifestyle Centre

Accurate as of 30/04/2024

Times for Friday 1 March



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
16:30 - 17:00	Junior Group cycling	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