

# Group Fitness

## Crewe Lifestyle Centre

Accurate as of 19/05/2024

### Times for Monday 22 April



Time	Session	Facility	Type
06:30 - 07:15	Group Cycling	Studio 4	Fitness
09:30 - 10:15	Kettlebells	Studio 5	Fitness
10:30 - 11:15	Pilates	Sports Hall	Fitness
17:30 - 18:15	Body Pump	Sports Hall	Fitness
18:30 - 19:15	Core Stability	Sports Hall	Fitness
19:30 - 20:15	Body Attack	Sports Hall	Fitness
20:30 - 21:00	Les Mills Sprint	Sports Hall	Fitness