

Group Fitness

Crewe Lifestyle Centre

Accurate as of 20/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Type
06:30 - 07:00	Les Mills Sprint Virtual	Studio 4	Fitness
09:30 - 10:15	Body Attack	Studio 5	Fitness
10:30 - 11:15	Body Pump	Studio 5	Fitness
12:30 - 13:15	Body Balance	Studio 5	Fitness
13:30 - 14:15	Move it or Lose it	Studio 5	Fitness
17:30 - 18:00	Les Mills Sprint	Studio 5	Fitness
18:30 - 19:15	Body Combat	Sports Hall	Fitness
19:30 - 20:15	Clubbercise	Sports Hall	Fitness
20:30 - 21:00	Les Mills Grit Strength Virtual	Studio 5	Fitness