Group Fitness
Crewe Lifestyle Centre

Accurate as of 12/10/2024

Times for Wednesday 24 April

Time	Session	Facility	Type
06:30 - 07:00	Les Mills Grit Cardio Virtual	Studio 5	Fitness
09:30 - 10:15	Body Combat	Studio 5	Fitness
10:30 - 11:15	Pilates	Studio 5	Fitness
12:30 - 13:15	Group Cycling	Studio 5	Fitness
13:30 - 14:15	Body Pump	Studio 5	Fitness
17:30 - 18:15	Group Cycling	Studio 4	Fitness
18:30 - 19:00	GRIT Strength	Studio 5	Fitness
19:30 - 20:15	Body Balance	Studio 5	Fitness