

Group Fitness

Crewe Lifestyle Centre

Accurate as of 06/05/2024

Times for Friday 26 April



| Time | Session | Facility | Type |
|---------------|---------------|----------|---------|
| 06:30 - 07:15 | Group Cycling | Studio 4 | Fitness |
| 09:30 - 10:15 | Yoga | Studio 5 | Fitness |
| 12:30 - 13:15 | Body Balance | Studio 5 | Fitness |
| 13:30 - 14:15 | Kettlebells | Studio 5 | Fitness |
| 18:30 - 19:15 | Body Pump | Studio 5 | Fitness |
| 19:30 - 20:15 | Body Combat | Studio 5 | Fitness |