

Group Fitness

Crewe Lifestyle Centre

Accurate as of 20/05/2024

Times for Wednesday 1 May



| 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 |