

Group Fitness

Crewe Lifestyle Centre

Accurate as of 20/05/2024

Times for Friday 3 May



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