

Fitness classes

Hatchford Brook Golf Course

Accurate as of 19/04/2024

Times for Wednesday 24 July



Time	Session	Facility	Instructor
7:00 am - 7:45 am	Energise yoga flow	Gym (167948)	Caroline
4:30 pm - 5:15 pm	Legs, Bums & Tums	Gym (167948)	Nikki
5:30 pm - 6:15 pm	Zumba®	Gym (167948)	Nikki
6:30 pm - 7:15 pm	Pilates	Gym (167948)	Kerry
6:30 pm - 7:15 pm	Cycle Fit	Gym (167948)	Laura