

# Fitness Class Timetable

## Oulder Hill Leisure Complex

Accurate as of 15/05/2024

| Times for Monday 16 July |                  |                  |            |       |
|--------------------------|------------------|------------------|------------|-------|
| Time                     | Session          | Facility         | Instructor | Level |
| 6:00 pm - 7:00 pm        | Circuit Training | Studio 2         | Gareth     |       |
| 7:30 pm - 8:15 pm        | Aqua Zumba       | Small Pool (12m) | Laura      |       |
| 8:30 pm - 9:30 pm        | Mens Keep Fit    | Studio 1         |            |       |