

# Fitness Class Timetable

## Oulder Hill Leisure Complex

Accurate as of 23/04/2024

### Times for Monday 23 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 (Cancelled) | Small Pool (12m) | Laura      |       |
| 8:30 pm - 9:30 pm | Mens Keep Fit          | Studio 1         |            |       |