

Fitness Class Timetable

Oulder Hill Leisure Complex

Accurate as of 24/04/2024

Times for Monday 22 October



| 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 | | |