Fitness Class Timetable

Oulder Hill Leisure Complex

Accurate as of 12/10/2024

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		