

# Fitness Class Timetable

## Oulder Hill Leisure Complex

Accurate as of 17/04/2024

### Times for Wednesday 17 April



Time	Session	Facility	Instructor	Level
6:00 pm - 6:45 pm	Fight fit	Studio 1	Antonia	All abilities
6:45 pm - 7:30 pm	Strength & Flow	Studio 1	Antonia	All abilities