

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 23/04/2024

### Times for Wednesday 22 November



Time	Session	Facility	Instructor
06:30 - 07:15	Spinning	Sports Hall	Dave S
09:00 - 10:00	Total Body Workout	Studio	Sarah
09:30 - 11:30	Recreation Morning	Studio	-
10:30 - 12:00	Tai Chi	Studio	-
13:30 - 14:30	Pilates	Studio	Cheryl
18:00 - 19:00	Beatmovez	Studio	Lisa
19:00 - 20:00	Spinning	Studio	Dave S
20:00 - 21:00	Circuit Training	Studio	Dave S