

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 25/04/2024

### Times for Thursday 23 November



Time	Session	Facility	Instructor
09:00 - 09:45	Spinning	Studio	Dave S
10:00 - 11:00	Zumba Tone	Studio	Jane
13:30 - 14:30	Chi Ball	Studio	Cheryl
18:00 - 19:00	Piloxing	Studio	Lisa
19:00 - 20:00	Retromovez	Studio	Lisa