

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 12/05/2024

| Times for Friday 19 January | | | |
|-----------------------------|-----------------------------|-------------|------------|
| Time | Session | Facility | Instructor |
| 06:30 - 07:30 | Boot Camp Breakfast Circuit | Studio | Fern |
| 09:00 - 09:50 | Studio Cycling | Studio | Jayne |
| 09:30 - 11:30 | Recreation Morning | Sports Hall | - |
| 11:00 - 12:00 | Zumba | Studio | Lisa |
| 13:00 - 14:00 | Pilates | Studio | Julia |
| 13:00 - 14:00 | Pilates | Studio | |
| 17:30 - 18:15 | Spinning | Studio | Dave S |