

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 29/04/2024

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