

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 17/05/2025

### Times for Saturday 20 January



Time	Session	Facility	Instructor
08:30 - 09:00	H.I.I.T	Studio	Sarah
09:00 - 09:30	Body Conditioning	Studio	Sarah
09:30 - 10:30	Zumba	Studio	Lisa
10:45 - 12:30	FTF Futsal Club	Sports Hall	-