Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 24 July

Time	Session	Facility	Instructor
06:30 - 07:30	Boot Camp Breakfast Circuit	Sports Hall	Sarah
10:30 - 12:00	Vinyasa Flow Yoga	Studio	Joanne E
18:00 - 19:00	Thighs, Bums and Tums	Studio	Debbie
19:00 - 20:00	Pump N Tone	Studio	Debbie
20:00 - 21:30	Moderate Yoga	Studio	Helen D