

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 26/04/2024

### Times for Monday 22 October



Time	Session	Facility	Instructor
09:00 - 10:00	Fizzical	Studio	Hilary
09:30 - 11:30	Recreation Morning	Sports Hall	-
10:15 - 11:45	Line Dancing	Studio	Hilary
12:30 - 13:30	Gentle Exercise	Studio	Sarah
17:15 - 18:00	Spinning	Studio	Dave S
18:00 - 19:00	Sculpt/Body Conditioning	Studio	Alison
19:00 - 20:00	Zumba	Studio	Lisa
20:00 - 20:45	Spinning	Studio	Dave S