


Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 27/04/2024

Times for Tuesday 23 October				
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	