Fitness Class Programme

Padiham Leisure Centre

Accurate as of 09/04/2024

Times for Thursday 16 May			
Time	Session	Facility	Instructor
9:30 am - 10:30 am	Power	Dance Studio	
11:00 am - 12:00 pm	Tai Chi	Dance Studio	
6:00 pm - 7:00 pm	Power	Dance Studio	
7:00 pm - 8:00 pm	Legs-Tums-Bums	Dance Studio	