Fitness Classes

Arena Sports Centre

Accurate as of 12/10/2024

Times for Thursday 13 December

Time	Session	Facility	Instructor
06:45 - 07:30	Spin	Dance Studio	Katie
07:45 - 09:15	Open to all gym members	Dance Studio	
09:30 - 10:15	High Impact	Dance Studio	Jo
10:15 - 11:00	Toning	Dance Studio	Jo
11:00 - 11:45	Stretch	Dance Studio	Jo
12:00 - 15:30	Open to all gym members	Dance Studio	
18:00 - 18:45	Spin	Dance Studio	Lucy
18:45 - 19:30	Boxercise Circuits	Dance Studio	Sean
19:45 - 20:45	Just Jive	Dance Studio	Paul
20:45 - 22:00	Just Jive	Dance Studio	Paul