

Fitness Classes

Arena Sports Centre

Accurate as of 04/05/2024

Times for Thursday 10 October



| 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 |