Fitness Classes

Arena Sports Centre

Accurate as of 12/10/2024

Times for Wednesday 16 October

Time	Session	Facility	Instructor
06:45 - 09:15	Open to all gym members	Dance Studio	
09:30 - 10:15	Aero Tone	Dance Studio	Jo
10:15 - 11:00	Spin	Dance Studio	Jo
11:30 - 17:45	Open to all gym members	Dance Studio	
18:00 - 18:45	Trim with Tone	Dance Studio	Tony Collins
18:45 - 19:30	HIIT	Dance Studio	Su
19:30 - 20:15	Spin	Dance Studio	Su
20:30 - 21:30	Open to all gym members	Dance Studio	