

# Fitness Classes

## Arena Sports Centre

Accurate as of 14/05/2024

| Times for Tuesday 18 February |                         |              |              |
|-------------------------------|-------------------------|--------------|--------------|
| 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                 | Tone                    | Dance Studio | Jo           |
| 10:15 - 11:00                 | Low Impact              | Dance Studio | Jo           |
| 12:00 - 15:00                 | Open to all gym members | Dance Studio |              |
| 18:00 - 18:45                 | Body Sculpt             | Dance Studio | Sam          |
| 18:45 - 19:30                 | Boxercise               | Dance Studio | Sean         |
| 19:30 - 20:15                 | Spin                    | Dance Studio | Tony Collins |
| 20:30 - 21:30                 | Open to all gym members | Dance Studio |              |