Fitness classes

Baysgarth Leisure Centre

Accurate as of 12/10/2024

Times for Friday 14 December

Time	Session	Facility	Instructor
08:30 - 09:15	Group cycling	Studio	Rob
10:30 - 11:30	Fitness pilates	Studio	Stef
17:45 - 18:15	Les Mills Core	Studio	Katie
18:15 - 19:00	Les Mills BodyCombat	Studio	Katie