

Fitness classes

Baysgarth Leisure Centre

Accurate as of 12/05/2024

Times for Monday 18 February			
Time	Session	Facility	Instructor
08:30 - 09:30	Les Mills BodyPump	Studio	Anais
09:30 - 10:30	Boxercise	Studio	Sam
10:30 - 11:30	Stability ball	Studio	Sam
17:30 - 18:30	Les Mills BodyPump	Studio	Ruth
18:30 - 19:15	Les Mills BodyAttack	Studio	Ruth