

Fitness classes

Baysgarth Leisure Centre

Accurate as of 17/05/2025

Times for Friday 22 February



| Time | Session | Facility | Instructor |
|---------------|----------------------|----------|------------|
| 08:30 - 09:15 | Group Cycling | Studio | Rob |
| 17:45 - 18:15 | Les Mills Core | Studio | Katie |
| 18:15 - 19:00 | Les Mills BodyCombat | Studio | Katie |