


Fitness classes

Baysgarth Leisure Centre

Accurate as of 17/05/2024

Times for Friday 1 March				
Time	Session	Facility	Instructor	
08:30 - 09:15	Group cycling	Studio	Rob	
10:30 - 11:30	Fitness pilates	Studio	Stef	
18:00 - 19:00	Les Mills BodyPump	Studio	Dan	