

Fitness classes

Baysgarth Leisure Centre

Accurate as of 17/05/2024

Times for Monday 15 April			
Time	Session	Facility	Instructor
08:30 - 09:30	Les Mills BodyPump	Sports Hall	Kelly
17:30 - 18:30	Les Mills BodyPump	Sports Hall	Ruth
18:30 - 19:15	Les Mills BodyAttack	Sports Hall	Ruth