

Fitness classes

Baysgarth Leisure Centre

Accurate as of 03/05/2024

Times for Tuesday 16 April



Time	Session	Facility	Instructor
09:30 - 10:30	Group cycling	Sports Hall	Stef
10:40 - 11:40	Aerobics	Sports Hall	
18:00 - 19:00	Les Mills BodyPump	Providence House	Kelly
19:00 - 20:00	Fitness pilates	Providence House	Kelly