

Fitness classes

Baysgarth Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 18 April



Time	Session	Facility	Instructor
07:15 - 08:00	Group cycling	Sports Hall	Annie
09:30 - 10:30	Les Mills BodyPump	Sports Hall	Sam
10:30 - 11:30	Boxercise	Sports Hall	Sam
18:00 - 19:00	LBT	Providence House	Kelly
19:10 - 20:10	Les Mills BodyPump	Providence House	Kelly