

Fitness classes

Baysgarth Leisure Centre

Accurate as of 27/04/2024

Times for Tuesday 23 April



Time	Session	Facility	Instructor
09:30 - 10:30	Group cycling	Sports Hall	Stef
17:45 - 18:45	Group cycling	Sports Hall	Rob
18:00 - 19:00	Les Mills BodyPump	Studio	Anais
19:00 - 20:00	Fitness pilates	Providence House	Kelly