

Fitness classes

Baysgarth Leisure Centre

Accurate as of 06/05/2024

Times for Friday 28 June



| Time | Session | Facility | Instructor |
|---------------|----------------------|------------------|------------|
| 08:30 - 09:15 | Group cycling | Studio | Rob |
| 11:00 - 12:00 | Fitness pilates | Providence House | Stef |
| 16:00 - 17:00 | Yoga | Providence House | Anne |
| 17:45 - 18:15 | Les Mills Core | Studio | Katie |
| 18:15 - 19:00 | Les Mills BodyCombat | Studio | Katie |