

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 25/04/2024

### Times for Wednesday 3 July



Time	Session	Facility	Instructor
08:30 - 09:30	Group cycling	Studio	Paul
09:45 - 10:30	Kettlebell	Studio	Paul
10:30 - 11:30	Boxercise	Studio	Paul
16:00 - 17:00	Yoga	Providence House	Anne