

Fitness classes

Baysgarth Leisure Centre

Accurate as of 30/04/2024

Times for Thursday 4 July



Time	Session	Facility	Instructor
07:00 - 07:45	Group cycling	Studio	Annie
09:30 - 10:30	Les Mills BodyPump	Studio	Anais
10:30 - 11:15	Les Mills BodyCombat	Studio	Anais
17:15 - 18:00	Aerobics	Providence House	
18:00 - 19:00	LBT	Providence House	Kelly
19:10 - 20:10	Les Mills BodyPump	Providence House	Kelly