

Fitness classes

Baysgarth Leisure Centre

Accurate as of 29/04/2024

Times for Friday 5 July



Time	Session	Facility	Instructor
09:00 - 09:45	Group cycling	Sports Hall	Rob
11:00 - 12:00	Fitness pilates	Sports Hall	Stef
17:45 - 18:15	Les Mills Core	Studio	Katie
18:15 - 19:00	Les Mills BodyCombat	Studio	Katie