

Fitness classes

Baysgarth Leisure Centre

Accurate as of 30/04/2024

Times for Tuesday 17 September



Time	Session	Facility	Instructor
10:45 - 11:45	Stretch & tone	Studio	Anais
17:15 - 18:00	Aerobics	Studio	Anais
18:00 - 19:00	Les Mills BodyPump	Studio	Anais
19:10 - 20:10	Group cycling	Studio	Rob