

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 29/04/2024

### Times for Wednesday 18 September



Time	Session	Facility	Instructor
08:00 - 09:00	Group cycling	Studio	Paul
09:15 - 10:00	Kettlebell	Studio	Paul
10:00 - 11:00	Boxercise	Studio	Paul
17:45 - 18:30	Les Mills BodyCombat	Studio	Katie