

Fitness classes

Baysgarth Leisure Centre

Accurate as of 29/04/2024

Times for Wednesday 25 September



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
17:30 - 18:30	Group cycling	Studio	Rob
18:45 - 19:30	Les Mills BodyPump	Studio	Ruth
19:30 - 20:15	Les Mills BodyAttack	Studio	Ruth