

Fitness classes

Baysgarth Leisure Centre

Accurate as of 01/05/2024

Times for Monday 17 February



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills Core	Studio	Virtual Class
07:00 - 07:30	Virtual Les Mills Grit Strength	Studio	Virtual Class
08:30 - 09:30	Les Mills BodyPump	Studio	Anais
09:30 - 10:30	Aerobics	Studio	Anais
10:30 - 11:30	Fitness pilates	Studio	Anais
16:30 - 17:15	Virtual Sh'Bam	Studio	Virtual Class
17:30 - 18:30	Les Mills BodyPump	Studio	Ruth
18:30 - 19:15	Les Mills BodyAttack	Studio	Ruth
19:15 - 20:00	Fitness pilates	Studio	Ruth
20:30 - 21:00	Virtual Les Mills Grit Athletic	Studio	Virtual Class