

Fitness classes

Baysgarth Leisure Centre

Accurate as of 30/04/2024

Times for Tuesday 18 February



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills Grit Strength	Studio	Virtual Class
07:00 - 07:30	Virtual Les Mills Core	Studio	Virtual Class
10:45 - 11:45	Stretch & tone	Studio	Anais
16:30 - 17:00	Virtual Les Mills Core	Studio	Virtual Class
17:15 - 18:00	Aerobics	Studio	Anais
18:00 - 19:00	Les Mills BodyPump	Studio	Anais
19:10 - 20:10	Group cycling	Studio	Rob
19:15 - 20:15	Aquacise	Studio	Anais