

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 01/05/2024

### Times for Wednesday 19 February



Time	Session	Facility	Instructor
06:30 - 07:20	Virtual Les Mills RPM	Studio	Virtual Class
08:30 - 09:30	Group cycling	Studio	Paul
09:45 - 10:30	Kettlebell	Studio	Paul
10:30 - 11:30	Boxercise	Studio	Paul
11:45 - 12:30	Virtual Sh'Bam	Studio	Virtual Class
17:15 - 17:45	Kettlebell	Studio	Katie
17:45 - 18:30	Les Mills BodyCombat	Studio	Katie
18:30 - 19:00	Les Mills Core	Studio	Katie
19:30 - 20:20	Virtual Les Mills RPM	Studio	Virtual Class