

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 17/05/2025

### Times for Thursday 20 February



Time	Session	Facility	Instructor
07:00 - 07:45	Group Cycling	Studio	Annie
09:30 - 10:30	Les Mills BodyPump	Studio	Anais
10:00 - 11:00	Aquacise	Pool	Lindsay
10:30 - 11:15	Les Mills BodyCombat	Studio	Anais
11:30 - 12:30	Chair based gentle exercise	Studio	Anais
17:00 - 17:30	Virtual Les Mills GritStrength	Studio	Virtual Class
18:00 - 19:00	Boxercise	Studio	Paul
19:15 - 20:15	Group Cycling	Studio	Paul