

Fitness classes

Baysgarth Leisure Centre

Accurate as of 06/05/2024

Times for Thursday 27 February



Time	Session	Facility	Instructor
07:00 - 07:45	Group cycling	Studio	Annie
09:30 - 10:30	Les Mills BodyPump	Studio	Anais
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 Grit Strength	Studio	Virtual Class
18:00 - 19:00	Boxercise	Studio	Paul
19:15 - 20:15	Group cycling	Studio	Paul