

Fitness classes

Baysgarth Leisure Centre

Accurate as of 06/05/2024

Times for Friday 28 February



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills Grit Athletic	Studio	Virtual Class
07:00 - 07:50	Virtual Les Mills RPM	Studio	Virtual Class
08:30 - 09:15	Group cycling	Studio	Rob
09:30 - 10:30	LBT	Studio	Stef
10:30 - 11:30	Fitness pilates	Studio	Stef
17:45 - 18:15	Les Mills Core	Studio	Katie
18:15 - 19:00	Les Mills BodyCombat	Studio	Katie
19:30 - 20:00	Virtual Les Mills Grit Athletic	Studio	Virtual Class
20:15 - 20:45	Virtual Les Mills Core	Studio	Virtual Class