

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 18/05/2024

Times for Saturday 29 February			
Time	Session	Facility	Instructor
08:30 - 09:30	Group cycling	Studio	Rob
09:40 - 10:10	Virtual Les Mills Core	Studio	Virtual Class
10:15 - 11:00	Virtual Sh'Bam	Studio	Virtual Class