

Fitness classes

Baysgarth Leisure Centre

Accurate as of 23/04/2024

Times for Saturday 20 April



Time	Session	Facility	Instructor
07:45 - 08:15	Virtual Les Mills RPM	Studio	Virtual instructor
08:30 - 09:30	Aerobics	Studio	Sharon
09:30 - 10:30	Stretch & tone	Studio	Sharon
11:30 - 15:00	Virtual on demand	Studio	Virtual instructor