

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 03/05/2024

### Times for Wednesday 24 April



Time	Session	Facility	Instructor
09:10 - 09:55	Les Mills BodyPump	Studio	Katie M
10:00 - 10:45	Pilates	Studio	Katie M
10:45 - 11:30	Les Mills Dance	Studio	Katie M
12:00 - 13:00	Seated chair circuit	Studio	Jordan
13:15 - 14:15	Exercising with Parkinson's	Studio	Jordan
16:30 - 17:30	Junior Gym	Gym	Ed
17:45 - 18:30	Group cycling	Studio	Ruth
18:40 - 19:40	Fitness pilates	Studio	Ruth