

Fitness classes

Baysgarth Leisure Centre

Accurate as of 28/07/2024

Times for Thursday 25 July



Time	Session	Facility	Instructor
06:15 - 07:00	Virtual Les Mills BodyPump	Studio	Virtual instructor
09:00 - 10:00	Virtual Les Mills BodyPump	Studio	Virtual Class
10:00 - 10:45	Virtual Les Mills Core	Studio	Virtual Class
11:00 - 11:45	Good Boost	Pool	Lindsay
11:15 - 12:15	Chair based gentle exercise	Studio	Sarah
18:00 - 19:00	Les Mills BodyCombat	Studio	Charlee
19:15 - 20:00	Les Mills BodyPump	Studio	Charlee