

Fitness classes

Baysgarth Leisure Centre

Accurate as of 28/07/2024

Times for Friday 26 July



Time	Session	Facility	Instructor
09:00 - 10:00	Good Boost	Pool	Lindsay
09:15 - 10:00	Virtual Les Mills RPM	Studio	Virtual Class
10:15 - 11:00	Virtual Les Mills BodyBalance	Studio	Virtual Class
16:00 - 17:00	Junior Gym	Gym	Ed
17:45 - 18:30	Les Mills Dance	Studio	Sam D
18:30 - 19:00	HIIT strength	Studio	Sam D