

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 27/07/2024

### Times for Saturday 27 July



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