

Fitness classes

Baysgarth Leisure Centre

Accurate as of 27/07/2024

Times for Sunday 28 July



| Time | Session | Facility | Instructor |
|---------------|------------------------------|----------|--------------------|
| 08:30 - 09:15 | Virtual Les Mills BodyPump | Studio | Virtual instructor |
| 09:30 - 10:15 | Virtual Les Mills BodyCombat | Studio | Virtual instructor |
| 10:30 - 11:15 | Virtual Les Mills RPM | Studio | Virtual instructor |
| 12:00 - 15:00 | Virtual on demand | Studio | Virtual instructor |