

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 27/07/2024

### Times for Tuesday 30 July



Time	Session	Facility	Instructor
06:00 - 06:45	Virtual Les Mills RPM	Studio	Virtual instructor
09:15 - 10:00	LBT	Classes Live Stream At Home	Lisa
09:15 - 10:15	Total Tone	Studio	Sharon
10:15 - 11:15	LBT	Studio	Sharon
18:00 - 18:45	Les Mills BodyCombat	Classes Live Stream At Home	Lisa
18:00 - 19:00	Les Mills BodyCombat	Studio	Charlee
19:15 - 20:00	Les Mills BodyPump	Studio	Charlee