

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 27/07/2024

### Times for Wednesday 31 July



Time	Session	Facility	Instructor
09:15 - 10:15	Aerobics	Studio	Sharon
10:15 - 11:15	Stretch & tone	Studio	Sharon
12:00 - 13:00	Seated chair circuit	Studio	Jordan
13:15 - 14:15	Exercising with Parkinson's	Studio	Jordan
16:30 - 17:30	Junior Gym	Gym	Ed