

Fitness classes

Baysgarth Leisure Centre

Accurate as of 01/09/2024

Times for Wednesday 31 July



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