

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 30/07/2024

### Times for Monday 5 August



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills Core	Studio	Virtual instructor
08:00 - 09:00	Virtual Les Mills BodyPump	Studio	Virtual Class
09:15 - 10:15	Kettlebell	Studio	Laura.
10:30 - 11:15	Les Mills Dance	Studio	Laura.
11:00 - 11:45	Good Boost	Pool	Simon
16:00 - 17:00	Junior Gym	Gym	Ed