

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 02/08/2024

### Times for Thursday 8 August



Time	Session	Facility	Instructor
06:15 - 07:00	Virtual Les Mills BodyPump	Studio	Virtual instructor
10:00 - 11:00	Aquacise	Pool	Lindsay
11:00 - 11:45	Good Boost	Pool	Lindsay
11:15 - 12:15	Chair based gentle exercise	Studio	Simon
13:30 - 14:30	Active Lincs Gym	Gym	Simon