

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 12/08/2024

### Times for Sunday 18 August



Time	Session	Facility	Instructor
08:30 - 09:15	Virtual Les Mills BodyPump	Studio	Virtual instructor
09:30 - 10:15	Virtual Les Mills BodyCombat	Studio	Virtual instructor
10:30 - 11:15	Virtual Les Mills RPM	Studio	Virtual instructor
12:00 - 15:00	Virtual on demand	Studio	Virtual instructor