

Fitness classes

Baysgarth Leisure Centre

Accurate as of 15/08/2024

Times for Wednesday 21 August



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
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
17:45 - 18:30	Group cycling	Studio	Ruth
18:40 - 19:40	Fitness pilates	Studio	Ruth