

Fitness classes

Baysgarth Leisure Centre

Accurate as of 14/09/2024

Times for Monday 9 September



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 - 10:00	HIIT cardio	Studio	Stef
10:15 - 11:15	Fitness pilates	Studio	Stef
11:00 - 11:45	Good Boost	Pool	Simon
12:00 - 13:00	Chair based gentle exercise	Studio	Sarah
13:15 - 14:15	ActiveLincs Circuits	Studio	Simon
16:00 - 17:00	Junior Gym	Gym	Ed
18:00 - 19:00	Les Mills BodyPump	Studio	Craig
19:15 - 20:00	Group cycling	Studio	Craig