

Fitness classes

Baysgarth Leisure Centre

Accurate as of 15/09/2024

Times for Saturday 21 September



Time	Session	Facility	Instructor
07:45 - 08:15	Virtual Les Mills RPM	Studio	Virtual instructor
08:30 - 09:30	Aerobics	Studio	Sharon
09:30 - 10:30	Stretch & tone	Studio	Sharon
11:30 - 14:00	Virtual on demand	Studio	Virtual instructor
14:00 - 14:45	Virtual Les Mills Dance	Studio	Virtual Class