

Fitness classes

Baysgarth Leisure Centre

Accurate as of 16/09/2024

Times for Sunday 22 September



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