

Fitness classes

Baysgarth Leisure Centre

Accurate as of 22/10/2024

Times for Tuesday 22 October



| Time | Session | Facility | Instructor |
|---------------|-----------------------|-----------------------------|--------------------|
| 06:00 - 06:45 | Virtual Les Mills RPM | Studio | Virtual instructor |
| 09:15 - 10:00 | LBT | Classes Live Stream At Home | Lisa |
| 09:15 - 10:15 | Les Mills BodyPump | Studio | Anais |
| 10:15 - 11:15 | LBT | Studio | Anais |
| 11:30 - 12:30 | ActiveLincs Circuits | Studio | Anais |
| 18:00 - 18:45 | Les Mills BodyCombat | Classes Live Stream At Home | Lisa |
| 18:00 - 19:00 | Les Mills BodyCombat | Studio | Charlee |
| 19:15 - 20:00 | Les Mills BodyPump | Studio | Charlee |