

Fitness classes

Baysgarth Leisure Centre

Accurate as of 28/10/2024

Times for Tuesday 29 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