

# Fitness classes

## Baysgarth Leisure Centre

Accurate as of 28/10/2024

### Times for Friday 1 November



Time	Session	Facility	Instructor
09:00 - 10:00	Good Boost	Pool	Lindsay
09:15 - 10:15	Group cycling	Studio	Stef
10:25 - 11:25	Fitness pilates	Studio	Stef
12:00 - 13:00	Seated chair circuit	Studio	Jordan
14:00 - 15:00	Active Lincs Gym	Gym	Jordan
17:45 - 18:30	Les Mills Dance	Studio	Sam D
18:30 - 19:00	HIIT strength	Studio	Sam D