

Fitness Classes

Epworth Leisure Centre

Accurate as of 17/05/2025

Times for Monday 10 December



| Time | Session | Facility | Instructor |
|---------------|----------------|-------------|------------|
| 18:30 - 19:15 | Stability ball | Sports Hall | Sarah |
| 19:15 - 20:00 | Kettlebells | Sports Hall | Sarah |