Fitness Classes Epworth Leisure Centre

Accurate as of 29/04/2024

| Times for Monday 22 April | | | | ٩ |
|---------------------------|----------------|-------------|------------|---|
| Time | Session | Facility | Instructor | |
| 18:30 - 19:15 | Stability ball | Sports Hall | Sarah | |
| 19:15 - 20:00 | Kettlebell | Sports Hall | Sarah | |