


# Fitness Classes

## Epworth Leisure Centre

Accurate as of 06/05/2024

Times for Monday 1 July				
Time	Session	Facility	Instructor	
17:45 - 18:30	Group cycling	Sports Hall	Sarah	
18:30 - 19:15	Stability ball	Sports Hall	Sarah	
19:15 - 20:00	Kettlebell	Sports Hall	Sarah	