

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 26/04/2024

### 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      |