

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 01/05/2024

### Times for Monday 16 September



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	Boxercise	Sports Hall	Sarah