Fitness Classes

Epworth Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 27 February

Time	Session	Facility	Instructor
09:15 - 10:00	Group cycling	Squash Courts	Sarah
10:15 - 11:00	FitStart Group Cycling	Squash Courts	Sarah
17:45 - 18:45	Bootcamp	Sports Hall	Katie M
19:00 - 19:45	Fitness pilates	Sports Hall	Katie M