

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 03/05/2024

### Times for Monday 22 April



Time	Session	Facility	Instructor
12:45 - 13:30	ActiveLincs Circuits	Sports Hall	Katy
18:00 - 18:45	Group cycling	Sports Hall	Josie
19:00 - 19:45	Circuits	Sports Hall	Josie
19:45 - 20:15	Stability ball	Sports Hall	Josie