

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 29/10/2024

### Times for Monday 22 July



Time	Session	Facility	Instructor
07:15 - 08:05	Virtual Les Mills RPM	Studio	virtual instructor
12:45 - 13:30	ActiveLincs Circuits	Sports Hall	Katy
15:30 - 16:30	Junior Gym	Gym	Chris