

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 29/10/2024

### Times for Tuesday 23 July



Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyPump	Studio	virtual instructor
12:30 - 13:30	Virtual Les Mills BodyBalance	Studio	virtual instructor
17:30 - 18:15	Group cycling	Studio	Katie M
18:30 - 19:15	Circuits	Studio	Katie M
19:30 - 20:15	Fitness pilates	Studio	Katie M