

Fitness Classes

Epworth Leisure Centre

Accurate as of 29/10/2024

Times for Wednesday 24 July



Time	Session	Facility	Instructor
07:15 - 08:05	Virtual Les Mills RPM	Studio	virtual instructor
09:15 - 10:15	Virtual Les Mills BodyPump	Studio	virtual instructor
10:15 - 11:15	Virtual Les Mills BodyCombat	Studio	virtual instructor
12:30 - 13:30	Virtual Les Mills BodyBalance	Studio	virtual instructor
20:00 - 20:45	Virtual Les Mills Dance	Studio	virtual instructor