

Fitness Classes

Epworth Leisure Centre

Accurate as of 03/09/2024

Times for Monday 26 August



| Time | Session | Facility | Instructor |
|---------------|-----------------------|----------|--------------------|
| 07:15 - 08:05 | Virtual Les Mills RPM | Studio | virtual instructor |
| 15:30 - 16:30 | Junior Gym | Gym | Chris |
| 18:00 - 18:45 | Group cycling | Studio | Josie |
| 19:00 - 19:45 | Circuits | Studio | Josie |
| 19:45 - 20:15 | Stability ball | Studio | Josie |