

Fitness Classes

Epworth Leisure Centre

Accurate as of 03/09/2024

Times for Thursday 5 September



Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyCombat	Studio	virtual instructor
09:15 - 10:00	HIIT strength	Squash Courts	Josie
10:15 - 11:00	Fitness pilates	Squash Courts	Josie
15:30 - 16:30	Junior Gym	Gym	Chris
18:00 - 18:45	Group cycling	Studio	Josie
19:00 - 19:45	Kettlebell	Studio	Josie
19:45 - 20:30	Fitness pilates	Studio	Josie