

Fitness Classes

Epworth Leisure Centre

Accurate as of 11/09/2024

Times for Tuesday 17 September



Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyPump	Studio	virtual instructor
09:15 - 10:05	Virtual Les Mills RPM	Studio	virtual instructor
10:15 - 11:00	Virtual Les Mills Dance	Studio	virtual instructor
12:30 - 13:30	Virtual Les Mills BodyBalance	Studio	virtual instructor
17:30 - 18:15	Group cycling	Studio	Chris
18:30 - 19:15	Circuits	Studio	Chris
19:30 - 20:15	Fitness pilates	Studio	Chris