

Fitness Classes

Epworth Leisure Centre

Accurate as of 18/09/2024

Times for Tuesday 24 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 |