

Fitness Classes

Epworth Leisure Centre

Accurate as of 28/10/2024

Times for Monday 21 October



Time	Session	Facility	Instructor
07:15 - 08:05	Virtual Les Mills RPM	Studio	virtual instructor
12:45 - 13:30	ActiveLincs Circuits	Sports Hall	Katy
15:30 - 16:30	Junior Gym	Gym	Chris
17:30 - 18:15	Virtual Les Mills RPM	Studio	virtual instructor
19:00 - 20:00	Circuits	Studio	Daisy S