

Fitness Classes

Epworth Leisure Centre

Accurate as of 22/10/2024

Times for Tuesday 22 October



Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyPump	Studio	virtual instructor
09:10 - 09:55	Virtual Les Mills RPM	Studio	virtual instructor
10:00 - 10:45	Virtual Les Mills Dance	Studio	virtual instructor
10:45 - 11:30	Virtual Les Mills BodyBalance	Studio	virtual instructor
12:30 - 13:30	Virtual Les Mills BodyBalance	Studio	virtual instructor
18:30 - 19:15	Circuits	Studio	Daisy S
19:30 - 20:15	Stability ball	Studio	Daisy S