

Fitness Classes

Epworth Leisure Centre

Accurate as of 26/10/2024

Times for Thursday 24 October



Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyCombat	Studio	virtual instructor
15:30 - 16:30	Junior Gym	Gym	Chris
17:30 - 18:15	Virtual Les Mills BodyPump	Studio	virtual instructor
18:30 - 19:15	HIIT strength	Studio	Daisy S