

Fitness Classes

Epworth Leisure Centre

Accurate as of 26/10/2024

Times for Monday 28 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
18:00 - 18:45	Group cycling	Studio	Chris
19:00 - 20:00	Circuits	Studio	Daisy S