

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 28/10/2024

### Times for Tuesday 29 October



Time	Session	Facility	Instructor
07:15 - 08:15	Virtual Les Mills BodyPump	Studio	virtual instructor
09:10 - 09:55	Group cycling	Studio	Katie M
10:00 - 10:45	LBT	Studio	Katie M
10:45 - 11:30	Fitness pilates	Studio	Katie M
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