

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 28/10/2024

### Times for Friday 1 November



Time	Session	Facility	Instructor
07:15 - 07:45	Virtual Les Mills Sprint	Studio	virtual instructor
09:15 - 10:15	Virtual Les Mills BodyPump	Studio	virtual instructor
10:15 - 11:15	Virtual Les Mills BodyAttack	Studio	virtual instructor
12:30 - 13:15	Virtual Les Mills Dance	Studio	virtual instructor
17:30 - 18:20	Virtual Les Mills RPM	Studio	virtual instructor
18:30 - 19:30	Virtual Les Mills BodyBalance	Studio	virtual instructor