

Fitness Classes

Epworth Leisure Centre

Accurate as of 05/02/2025

Times for Wednesday 15 January



| Time | Session | Facility | Instructor |
|---------------|-------------------------------|----------|--------------------|
| 07:15 - 08:05 | Virtual Les Mills RPM | Studio | virtual instructor |
| 09:10 - 09:55 | Group cycling | Studio | Fitness Instructor |
| 10:00 - 10:45 | HIIT strength | Studio | Fitness Instructor |
| 12:30 - 13:30 | Virtual Les Mills BodyBalance | Studio | virtual instructor |
| 20:00 - 20:45 | Virtual Les Mills BodyAttack | Studio | virtual instructor |