

Fitness Classes

Epworth Leisure Centre

Accurate as of 05/02/2025

Times for Wednesday 22 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