

# Fitness Classes

## Epworth Leisure Centre

Accurate as of 05/02/2025

### Times for Thursday 23 January



Time	Session	Facility	Instructor
07:15 - 08:00	Virtual Les Mills BodyCombat	Studio	virtual instructor
15:30 - 16:30	Junior Gym	Gym	Chris
17:30 - 18:15	HYBRID45	Studio	Chris
18:30 - 19:15	HIIT strength	Studio	Daisy S