

Classes

Fenton Manor Sports Complex

Accurate as of 03/09/2024

Times for Wednesday 4 September



Time	Session	Facility	Instructor
7:00 am - 7:45 am	Circuits	Aerobics Studio	Stacey
9:15 am - 10:00 am	Meditation & Reiki	Dance Studio Hall	Holly
9:30 am - 10:00 am	HIIT Spin	Spinning Studio	Donna
10:15 am - 11:00 am	Body Blast	Dance Studio Hall	Nicola
11:15 am - 12:15 pm	Yoga	Dance Studio Hall	Pat
12:30 pm - 1:15 pm	Aqua Fit	Variable Depth Pool	Liz
5:15 pm - 6:00 pm	HIIT	Dance Studio Hall	Sue
6:15 pm - 7:00 pm	Spinning	Spinning Studio	Andy
6:15 pm - 7:15 pm	Fiit Circuits	Aerobics Studio	Nath
6:30 pm - 7:15 pm	Bodymax	Dance Studio Hall	Jackie
7:30 pm - 8:15 pm	Zumba	Dance Studio Hall	Jackie