

# Classes

## Fenton Manor Sports Complex

Accurate as of 04/09/2024

### Times for Monday 9 September



Time	Session	Facility	Instructor
7:00 am - 8:00 am	Spartan HIIT Circuit	Aerobics Studio	
9:30 am - 10:15 am	Circuits	Dance Studio Hall	Louise
10:15 am - 10:45 am	Easy Spin	Spinning Studio	Shell
11:15 am - 11:45 am	Spinning	Spinning Studio	Clare
11:15 am - 12:00 pm	Core Focused	Dance Studio Hall	Shell
12:15 pm - 1:00 pm	Aqua Fit	Variable Depth Pool	Nicola
1:15 pm - 2:00 pm	Circuits	Dance Studio Hall	Shell
4:30 pm - 5:15 pm	HIIT	Aerobics Studio	Nath
5:15 pm - 5:50 pm	Spinning	Spinning Studio	Stacey
5:15 pm - 6:00 pm	HIIT	Dance Studio Hall	Louise
6:00 pm - 6:45 pm	Kettlercise	Aerobics Studio	Louise
7:30 pm - 8:15 pm	Aqua Fit	Main Pool	Darcy
8:15 pm - 9:00 pm	Aqua Fit	Variable Depth Pool	Darcy