

Classes

Fenton Manor Sports Complex

Accurate as of 11/09/2024

Times for Tuesday 17 September



Time	Session	Facility	Instructor
9:30 am - 10:15 am	Spinning	Spinning Studio	Andy
10:15 am - 11:00 am	HIIT	Dance Studio Hall	Sue
11:15 am - 12:00 pm	Pilates	Dance Studio Hall	Shell
12:15 pm - 1:00 pm	Aqua Fit	Variable Depth Pool	Stacey
5:00 pm - 5:30 pm	HIIT Spin	Spinning Studio	Stacey
5:40 pm - 6:20 pm	Bodymax	Dance Studio Hall	Stacey
6:30 pm - 7:15 pm	Boxer Circuit	Aerobics Studio	Stacey
6:45 pm - 7:30 pm	Pilates	Dance Studio Hall	Shell
7:35 pm - 8:25 pm	Hatha Yoga	Dance Studio Hall	Shell