

Classes

Fenton Manor Sports Complex

Accurate as of 13/09/2024

Times for Thursday 19 September



Time	Session	Facility	Instructor
10:00 am - 10:45 am	HIIT	Dance Studio Hall	Sue
11:00 am - 11:45 am	Yoga	Dance Studio Hall	Anne
12:15 pm - 1:00 pm	Aqua Fit	Variable Depth Pool	Stacey
5:15 pm - 6:00 pm	Box Fit	Dance Studio Hall	Sue
6:30 pm - 7:10 pm	Legs, Bums and Tums	Aerobics Studio	Stacey
6:30 pm - 7:15 pm	Spinning	Spinning Studio	Dave
8:05 pm - 8:50 pm	Aqua Fit	Variable Depth Pool	Stacey