

Classes

Fenton Manor Sports Complex

Accurate as of 14/09/2024

Times for Friday 20 September



Time	Session	Facility	Instructor
7:00 am - 7:45 am	Circuits	Aerobics Studio	Lyndsey
9:30 am - 10:15 am	Circuits	Aerobics Studio	Josh
10:30 am - 11:15 am	Zumba Gold	Dance Studio Hall	Ange
11:30 am - 12:00 pm	Easy Spin	Spinning Studio	Shelly
11:30 am - 12:15 pm	Hatha Yoga	Dance Studio Hall	Mandy
12:15 pm - 1:00 pm	Aqua Fit	Variable Depth Pool	Nicola
1:00 pm - 2:00 pm	Parkinsons Class	Aerobics Studio	
5:15 pm - 6:00 pm	Circuits	Aerobics Studio	Peter
5:30 pm - 6:00 pm	Spinning	Spinning Studio	Shelly
6:15 pm - 7:00 pm	Pilates	Dance Studio Hall	Shelly