

Classes

Fenton Manor Sports Complex

Accurate as of 17/09/2024

Times for Monday 23 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 |