

Classes

Fenton Manor Sports Complex

Accurate as of 22/12/2024

Times for Monday 23 December



Time	Session	Facility	Instructor
6:00 am - 7:00 am	Spartan HIIT Circuit	Circuit Room	Simon
9:30 am - 10:00 am	Circuits	Dance Studio	Louise
1:45 pm - 2:20 pm	Spinning	Spinning Studio	Stacey
5:15 pm - 5:45 pm	HIIT	Dance Studio	Louise
6:00 pm - 6:45 pm	Body Conditioning Circuit	Circuit Room	Louise
6:15 pm - 6:45 pm	Bollywood and Bhangra	Dance Studio	Hargji