

# Classes

## Fenton Manor Sports Complex

Accurate as of 22/12/2024

### Times for Tuesday 24 December



Time	Session	Facility	Instructor
9:00 am - 9:40 am	Bodymax	Circuit Room	Stacey
9:30 am - 10:15 am	Spinning	Spinning Studio	Andy
9:45 am - 10:30 am	Boxing	Circuit Room	Stacey
10:00 am - 10:45 am	HIIT	Dance Studio	Sue
10:45 am - 11:45 am	Old School Aerobics	Dance Studio	Stacey