

Class Timetable

Long Stratton Leisure Centre

Accurate as of 17/08/2024

Times for Friday 23 August



Time	Session	Facility
08:00 - 09:00	Yogalates	Studio
09:30 - 10:15	Studio Cycling	Studio
10:30 - 11:15	Pump It	Studio
12:00 - 13:00	Fit for Life	Studio
13:30 - 14:30	Chair based Circuits	Studio
18:00 - 18:45	Body Attack	Studio
19:00 - 20:00	Pilates	Studio