

# Class Timetable

## Long Stratton Leisure Centre

Accurate as of 13/09/2024

### Times for Monday 16 September



| Time          | Session              | Facility    |
|---------------|----------------------|-------------|
| 09:15 - 10:00 | Studio Cycling       | Studio      |
| 10:15 - 11:00 | Sculpt & Tone        | Studio      |
| 11:00 - 11:45 | Hatha Yoga           | Studio      |
| 12:00 - 13:00 | Fit for Life         | Studio      |
| 12:15 - 12:45 | Lunch Time Circuits  | Gym (53453) |
| 13:30 - 14:30 | Chair based Circuits | Studio      |
| 17:00 - 17:45 | Yogalates            | Studio      |
| 18:00 - 18:45 | Studio Cycling       | Studio      |
| 19:00 - 20:00 | Body Pump            | Studio      |