

# Fitness Classes

## ELA Active Chesterton

Accurate as of 28/07/2024

### Times for Wednesday 24 July



| Time          | Session              | Facility     |
|---------------|----------------------|--------------|
| 09:00 - 10:00 | Body Conditioning    | Dance Studio |
| 11:00 - 11:50 | Pilates Conditioning | Dance Studio |
| 18:35 - 19:25 | Circuits             | Gymnasium    |
| 19:05 - 19:55 | Spin                 | Dance Studio |