

# Fitness Classes

## ELA Active Chesterton

Accurate as of 27/07/2024

### Times for Thursday 1 August



| Time          | Session        | Facility      |
|---------------|----------------|---------------|
| 09:05 - 09:55 | Dance Workout  | Dance Studio  |
| 10:05 - 10:55 | Dance Aerobics | Dance Studio  |
| 12:30 - 13:30 | Yoga           | Dance Studio  |
| 18:00 - 19:00 | Mobility       | Gymnasium     |
| 19:00 - 20:00 | Strength       | Fitness Suite |