

# Fitness Classes

## ELA Active Chesterton

Accurate as of 22/11/2024

### Times for Thursday 28 November



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