

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 05/05/2024

Times for Saturday 15 December

| Time | Session | Facility | Instructor |
|---------------|-------------------|-------------|------------|
| 08:30 - 09:00 | H.I.I.T | Studio | Sarah |
| 09:00 - 09:30 | Body Conditioning | Studio | Sarah |
| 09:30 - 10:30 | Zumba | Studio | Lisa |
| 10:45 - 12:30 | FTF Futsal Club | Sports Hall | - |