## Garstang Fitness Classes Timetable Garstang Leisure Centre

Accurate as of 19/05/2024

Times for Saturday 2 March			
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	-