


# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 01/05/2024

Times for Monday 1 July				
Time	Session	Facility	Instructor	
17:15 - 18:00	Spinning	Sports Hall	Dave S	
18:15 - 19:15	Sculpt/Body Conditioning	Sports Hall	Alison	
19:30 - 20:30	Zumba	Sports Hall	Lisa	