

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 18/04/2024

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