


Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 17/05/2024

Times for Tuesday 8 October				
Time	Session	Facility	Instructor	
09:30 - 10:30	Zumba	Studio	Lisa	
18:00 - 19:00	Thighs, Bums and Tums	Studio	Debbie	
19:30 - 21:00	Moderate Yoga	Studio	-	