

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 21/05/2024

Times for Wednesday 9 October			
Time	Session	Facility	Instructor
10:30 - 12:00	Tai Chi	Studio	-
18:00 - 19:00	Beatmovez	Studio	Lisa
19:30 - 20:30	Spinning	Studio	Dave S