

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 29/04/2024

### Times for Wednesday 15 January



| 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     |