Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 21 January

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	-