

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 27/07/2024

Times for Tuesday 26 September



| 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 | - |