

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 27/07/2024

### Times for Wednesday 4 October



Time	Session	Facility	Instructor
06:30 - 07:15	Spinning	Studio	Dave S
10:30 - 12:00	Tai Chi	Studio	-
13:30 - 14:30	Pilates	Sports Hall	Lisa
18:00 - 19:00	Beatmovez	Studio	Lisa
19:30 - 20:30	Spinning	Studio	Dave S