

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 13/05/2024

Times for Saturday 4 May



| Time | Session | Facility | Instructor |
|---------------|---------|----------|------------|
| 08:30 - 09:30 | H.I.I.T | Studio | Lisa |
| 10:00 - 11:00 | Zumba | Studio | Lisa |