

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 28/07/2024

### Times for Monday 22 July



Time	Session	Facility	Instructor
06:30 - 07:00	Boot Camp Breakfast Circuit	Studio	Sarah
09:00 - 10:00	Boxercise	Studio	Sarah
10:30 - 12:00	Hatha Flow Yoga	Sports Hall	Caroline
12:30 - 13:30	Gentle Exercise	Sports Hall	-
17:15 - 18:00	Spinning	Sports Hall	Dave S
18:15 - 19:15	Sculpt/Body Conditioning	Sports Hall	Alison
19:30 - 20:30	Zumba	Sports Hall	Lisa