

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 27/07/2024

### Times for Tuesday 30 July



| 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   | -          |