

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 30/07/2024

### Times for Monday 5 August



| 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       |