

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 03/08/2024

### Times for Friday 9 August



Time	Session	Facility	Instructor
06:30 - 07:15	Spinning	Studio	Sarah
09:00 - 10:00	Body Conditioning	Studio	Sarah
11:00 - 12:00	Zumba	Studio	Lisa
13:00 - 14:00	Trigger Point Pilates	Studio	Lisa
17:30 - 18:15	Spinning	Studio	Dave S