

# Garstang Fitness Classes Timetable

## Garstang Leisure Centre

Accurate as of 03/09/2024

### Times for Saturday 7 September



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