

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 22/12/2024

Times for Monday 7 October



Time	Session	Facility	Instructor
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
18:00 - 19:00	Sculpt/Body Conditioning	Sports Hall	Alison
19:00 - 20:00	Zumba	Sports Hall	Lisa