

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 22/12/2024

Times for Wednesday 18 December



| Time | Session | Facility | Instructor |
|---------------|-----------|-------------|------------|
| 06:30 - 07:15 | Spinning | Studio | Dave S |
| 10:30 - 12:00 | Tai Chi | Studio | - |
| 13:30 - 14:30 | Pilates | Sports Hall | Lisa |
| 18:00 - 19:00 | Beatmovez | Studio | Lisa |
| 19:30 - 20:30 | Spinning | Studio | Dave S |