

Garstang Fitness Classes Timetable

Garstang Leisure Centre

Accurate as of 22/12/2024

Times for Thursday 19 December



| Time | Session | Facility | Instructor |
|---------------|-----------------|----------|------------|
| 09:00 - 09:45 | Spinning | Studio | Dave S |
| 10:00 - 11:00 | Zumba Tone | Studio | Jane |
| 17:00 - 17:45 | Gentle Exercise | Studio | Lisa |
| 18:00 - 19:00 | Retromovez | Studio | Lisa |
| 19:15 - 20:15 | Piloxing | Studio | Lisa |