

FITNESS CLASSES 2023-24

Monday 12.30 - 1.15pm

Cardio & Core with Jayne

At the Sports Complex

Tuesday 12.15 - 1pm

Bootcamp with Jayne

At the Sports Complex

Tuesday 5.15 - 6pm

Stretch n' Tone with Jayne

Fieldhead Room 2

Wednesday 12.30 - 1.15pm

Pilates with Kim

Fieldhead Room 2

Thursday 5.15 - 6pm

Pilates with Savannah

Fieldhead Room 2

Friday 6 - 7.30pm

Yoga with Tony

Fieldhead Room 2



Lancaster Sports Complex

Call 01228 888668 to book