

SpArC Bishops Castle Leisure Centre Fitness Classes

Monday

5:15 pm Fitness Pilates with Lucy	6:00 pm Aqua Aerobics with Zana	6:15 pm Full Body Tone with Lucy	7:15 pm Studio Cycling with Lucy
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Tuesday

8:00 am Fitness Pilates with Lucy	9:00 am Aerobics & Tone with Lucy	10:00 am Fitness Pilates with Lucy	6:00 pm Studio Cycling with Lucy	7:00 pm Fitness Pilates with Lucy
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Wednesday

6:15 pm Body Shock with Lucy	7:15 pm Fitness Pilates with Lucy
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- **Pre-Bookings Only (this can be done over the phone and on the Shropshire Leisure Time app for members)**

Thursday

6:00 pm Aqua Aerobics with Zana	6:00 pm Circuits with John
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Friday

8:00 am Fitness Pilates with Lucy	9:00 am Cardio & Swiss Ball Blast with Lucy	10:00 am Fitness Pilates with Lucy
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Shropshire
Council

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