

Monday

SpArC Bishops Castle Leisure Centre Fitness Classes

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

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

Wednesday

6:15 pm
Body Shock
with Lucy

7:15 pm
Fitness
Pilates
with Lucy

• **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

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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