

# exercise class programme

## Heathfield Leisure Centre

Accurate as of 27/04/2024

### Times for Tuesday 21 September



| Time              | Session                | Facility     | Instructor | Level |
|-------------------|------------------------|--------------|------------|-------|
| 5:30 pm - 6:15 pm | Legs, Bums & Tums      | dance studio | Ellie      |       |
| 6:30 pm - 7:15 pm | Freedom Indoor Cycling | dance studio | Bronwen    |       |