

# group exercise programme

## Freedom Leisure Maidstone

Accurate as of 29/04/2024

### Times for Monday 1 March



Time	Session	Facility	Type
10:00 am - 11:00 am	20,20,20	Studio	Strength / Toning
10:45 am - 11:30 am	Freedom Indoor Cycling	Studio	Cardio / Calorie burning
1:00 pm - 2:00 pm	Pilates	Studio	Mind Body Training
6:00 pm - 7:00 pm	Body Combat	Studio	Cardio / Calorie burning
7:15 pm - 8:00 pm	Freedom Indoor Cycling	Studio	Cardio / Calorie burning
7:15 pm - 8:15 pm	Freedom Circuits	Studio	Strength / Toning