

# group exercise programme

## Freedom Leisure Maidstone

Accurate as of 29/04/2024

### Times for Thursday 4 March



Time	Session	Facility	Type
9:30 am - 10:30 am	Body Balance	Studio	Mind Body Training
9:45 am - 10:30 am	Freedom Indoor Cycling	Studio	Cardio / Calorie burning
6:00 pm - 6:45 pm	HIIT	Studio	Strength / Toning
7:10 pm - 7:55 pm	Freedom Indoor Cycling	Studio	Cardio / Calorie burning