

# group exercise programme

## Freedom Leisure Maidstone

Accurate as of 26/04/2024

### Times for Tuesday 9 March



Time	Session	Facility	Type
10:30 am - 11:30 am	Total Body Conditioning	Studio	Strength / Toning
1:00 pm - 2:00 pm	Yoga	Studio	Mind Body Training
7:15 pm - 8:00 pm	Freedom Indoor Cycling	Studio	Cardio / Calorie burning