


group exercise programme

Freedom Leisure Maidstone

Accurate as of 20/05/2024

| Times for Wednesday 27 March | | | |  |
|------------------------------|------------------------|----------|--------------------------|---|
| Time | Session | Facility | Type | |
| 9:30 am - 10:30 am | Pilates | Studio | Mind Body Training | |
| 10:30 am - 11:30 am | Legs, Bums & Tums | Studio | Strength / Toning | |
| 6:00 pm - 7:00 pm | Freedom Indoor Cycling | Studio | Cardio / Calorie burning | |
| 7:00 pm - 8:00 pm | Boxercise | Studio | Strength / Toning | |
| 7:30 pm - 8:30 pm | Pilates | Studio | Mind Body Training | |