


# group exercise programme

## Freedom Leisure Maidstone

Accurate as of 13/05/2024

Times for Tuesday 2 April				
Time	Session	Facility	Type	
9:30 am - 10:30 am	Zumba	Studio	Cardio / Calorie burning	
10:30 am - 11:30 am	Total Body Conditioning	Studio	Strength / Toning	
1:00 pm - 2:00 pm	Yoga	Studio	Mind Body Training	
7:00 pm - 8:00 pm	Yoga	Studio	Mind Body Training	
7:15 pm - 8:00 pm	Freedom Indoor Cycling	Studio	Cardio / Calorie burning	