

group exercise programme

Freedom Leisure Maidstone

Accurate as of 29/04/2024

Times for Wednesday 3 April



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