

group exercise programme

Freedom Leisure Maidstone

Accurate as of 09/05/2024

Times for Thursday 4 April



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
10:30 am - 11:30 am	Body Pump	Studio	Strength / Toning
6:00 pm - 6:45 pm	HIIT	Studio	Strength / Toning
7:00 pm - 8:00 pm	Legs, Bums & Tums	Studio	Strength / Toning
7:10 pm - 7:55 pm	Freedom Indoor Cycling	Studio	Cardio / Calorie burning