group exercise programme Freedom Leisure Maidstone

Accurate as of 20/05/2024

Times for Saturday 6 April				(
Time	Session	Facility	Туре	
9:00 am - 10:00 am	Body Pump	Studio	Strength / Toning	
9:15 am - 10:00 am	Freedom Indoor Cycling	Studio	Cardio / Calorie burning	