

# exercise class programme

## Freedom Leisure Newent

Accurate as of 07/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Level
8:30 am - 9:00 am	HIIT	Gym	
9:15 am - 10:00 am	Aqua Aerobics	Indoor Pool	
5:30 pm - 6:15 pm	LBT	Gym	
6:30 pm - 7:15 pm	MyRide Coach	Gym	