

exercise class programme

Brookwood Country Park

Accurate as of 25/04/2024

Times for Thursday 23 September



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Freedom Indoor Cycling & Circuits	studio	
7:00 pm - 8:00 pm	Pilates	studio	
7:00 pm - 8:00 pm	Freedom Circuits	sports hall	