


# exercise class programme

## Brookwood Country Park

Accurate as of 04/05/2024

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		