

# exercise class programme

## Brookwood Country Park

Accurate as of 20/05/2024

### Times for Monday 22 April



| Time              | Session                           | Facility    | Level |
|-------------------|-----------------------------------|-------------|-------|
| 5:00 pm - 5:45 pm | Junior Indoor Cycling             | studio      |       |
| 6:00 pm - 6:45 pm | Freedom Indoor Cycling & Circuits | studio      |       |
| 7:00 pm - 8:00 pm | Functional Fitness                | sports hall |       |