

exercise class programme

Brookwood Country Park

Accurate as of 20/05/2024

Times for Tuesday 23 April



| Time | Session | Facility | Level |
|-------------------|-----------------------------------|-------------|-------|
| 6:00 pm - 6:45 pm | Freedom Indoor Cycling & Circuits | studio | |
| 7:00 pm - 8:00 pm | Legs, Bums & Tums | studio | |
| 7:00 pm - 8:00 pm | Freedom Circuits | sports hall | |