

# exercise class programme

## Brookwood Country Park

Accurate as of 19/05/2024

Times for Tuesday 30 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	