

# exercise class programme

## Byfleet Recreation Ground

Accurate as of 26/04/2024

### Times for Tuesday 21 September



Time	Session	Facility	Level
6:30 am - 7:15 am	Freedom Bootcamp	main hall	
8:00 am - 8:30 am	Synrgy Circuits	Synrgy	
9:30 am - 10:00 am	Aerobics	Studio A	
9:30 am - 10:15 am	Kettlebells	Studio B	
9:30 am - 10:30 am	Freedom Indoor Cycling	Spin Studio	
10:00 am - 10:30 am	Gentle Circuits	Synrgy	
10:30 am - 11:30 am	Body Pump	Studio A	
10:30 am - 11:30 am	Football	main hall	
10:35 am - 11:35 am	Pilates	Studio B	
10:45 am - 11:30 am	Gentle Aqua	Main Pool	
11:35 am - 12:35 pm	Yoga Flow	Studio A	
12:30 pm - 1:00 pm	Freedom Indoor Cycling	Spin Studio	
12:45 pm - 1:45 pm	Ladies Circuits	Studio B	
5:15 pm - 6:00 pm	Kettlebells	Studio B	
5:30 pm - 6:15 pm	Body Attack	Studio A	
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Spin Studio	
6:00 pm - 7:00 pm	Core Plus	Climbing Wall	
6:15 pm - 7:15 pm	Body Combat	Studio B	
6:20 pm - 7:05 pm	Body Pump	Studio A	
6:30 pm - 7:00 pm	Synrgy Circuits	Synrgy	
7:00 pm - 8:00 pm	Freedom Indoor Cycling	Spin Studio	

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
8:10 pm - 9:10 pm	Pilates	Studio B	