

exercise class programme

Byfleet Recreation Ground

Accurate as of 19/04/2024

Times for Wednesday 22 September



Time	Session	Facility	Level
6:15 am - 7:15 am	Yoga	Studio B	
6:30 am - 7:15 am	Freedom Indoor Cycling	Spin Studio	
6:30 am - 7:30 am	Cross Training	gym	
9:30 am - 10:15 am	Legs, Bums & Tums	Studio A	
9:30 am - 10:15 am	Freedom Indoor Cycling	Spin Studio	
9:45 am - 10:45 am	Yoga Ffitrwydd / Fitness Yoga	Studio B	
10:00 am - 11:00 am	AAA (Chwaraeon Cymysg / Multi Sports)	main hall	
11:00 am - 12:00 pm	Cylchedau Gweithio'r Corff / Body Tone Circuits	Studio B	
12:15 pm - 1:00 pm	Meditation	Studio A	
12:30 pm - 1:00 pm	Yoga	Studio B	
12:30 pm - 1:00 pm	Synrgy Circuits	Synrgy	
5:00 pm - 5:30 pm	Synrgy Circuits	Synrgy	
5:05 pm - 5:50 pm	Kettlebells	Studio B	
5:30 pm - 6:00 pm	Freedom Indoor Cycling	Spin Studio	
5:40 pm - 6:40 pm	Body Pump	Studio A	
5:55 pm - 6:40 pm	Body Attack	Studio B	
6:05 pm - 7:05 pm	Pilates	Function Room	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	Spin Studio	
6:45 pm - 7:45 pm	Body Combat	Studio A	
7:10 pm - 7:40 pm	Synrgy Circuits	Synrgy	
7:10 pm - 8:10 pm	Yoga	Studio B	