

exercise class programme

Byfleet Recreation Ground

Accurate as of 26/04/2024

Times for Friday 24 September



Time	Session	Facility	Level
6:30 am - 7:15 am	Freedom Indoor Cycling	Spin Studio	
9:30 am - 10:15 am	Freedom Indoor Cycling	Spin Studio	
9:30 am - 10:30 am	Body Attack	Studio A	
9:30 am - 10:30 am	Yoga Gentle	Studio B	
10:35 am - 11:35 am	Pilates	Studio A	
10:45 am - 11:30 am	AAA (Gweithgareddau D_r / Aqua)	Main Pool	
11:45 am - 12:45 pm	Ladies Circuits	Studio B	
12:30 pm - 1:00 pm	Synrgy Circuits	Synrgy	
4:00 pm - 4:30 pm	Synrgy Circuits	Synrgy	
5:15 pm - 6:00 pm	Strength & Conditioning	Studio A	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	Spin Studio	
6:45 pm - 7:15 pm	Synrgy Circuits	Synrgy	