

# exercise class programme

## Byfleet Recreation Ground

Accurate as of 23/04/2024

### Times for Saturday 25 September



| Time                | Session                | Facility    | Level |
|---------------------|------------------------|-------------|-------|
| 8:00 am - 8:30 am   | Synrgy Circuits        | Synrgy      |       |
| 9:00 am - 9:45 am   | Freedom Indoor Cycling | Spin Studio |       |
| 9:30 am - 10:15 am  | Kettlebells            | Studio B    |       |
| 10:30 am - 11:15 am | Freedom Indoor Cycling | Spin Studio |       |
| 11:30 am - 12:00 pm | Synrgy Circuits        | Synrgy      |       |
| 11:40 am - 12:40 pm | Pilates                | Studio B    |       |
| 5:30 pm - 6:00 pm   | Synrgy Circuits        | Synrgy      |       |