

exercise class programme

Byfleet Recreation Ground

Accurate as of 03/05/2024

Times for Sunday 26 September

Time	Session	Facility	Level
9:30 am - 10:30 am	Body Attack	Studio A	
9:30 am - 10:30 am	Freedom Indoor Cycling	Spin Studio	
10:30 am - 11:30 am	Body Pump	Studio A	
10:30 am - 11:30 am	Yoga	Studio B	
11:00 am - 12:00 pm	Cross Training	gym	
4:45 pm - 5:30 pm	Freedom Indoor Cycling	Spin Studio	
5:35 pm - 6:35 pm	Pilates	Studio B	
5:40 pm - 6:10 pm	Synrgy Circuits	Synrgy	