

exercise class programme

Byfleet Recreation Ground

Accurate as of 20/05/2024

Times for Thursday 9 May



Time	Session	Facility	Level
5:55 am - 6:25 am	Freedom Circuits	Synrgy	
6:30 am - 7:15 am	Freedom Indoor Cycling	Spin Studio	
9:30 am - 10:00 am	Aerobics	Studio A	
9:30 am - 10:15 am	Body Combat	Studio B	
9:30 am - 10:15 am	Freedom Indoor Cycling	Spin Studio	
10:00 am - 10:30 am	Gentle Circuits	Synrgy	
10:30 am - 11:30 am	Freedom Pump	Studio A	
10:35 am - 11:35 am	Yoga	Studio B	
10:45 am - 11:30 am	Gentle Aqua	Main Pool	
11:35 am - 12:35 pm	Tai Chi	Studio B	
12:30 pm - 1:00 pm	Freedom Indoor Cycling	Spin Studio	
5:00 pm - 5:30 pm	Synrgy Circuits	Synrgy	
5:30 pm - 6:15 pm	Legs, Bums & Tums	Studio B	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Spin Studio	
5:30 pm - 6:15 pm	Ab Attack	Studio A	
6:00 pm - 7:00 pm	Core Plus	Climbing Wall	
6:15 pm - 7:15 pm	Body Combat	Studio A	
6:30 pm - 7:15 pm	Kettlebells	Studio B	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Spin Studio	
7:25 pm - 8:10 pm	Zumba	Studio A	