

# exercise class programme

## Byfleet Recreation Ground

Accurate as of 20/05/2024

### Times for Saturday 11 May



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	