

exercise class programme

Byfleet Recreation Ground

Accurate as of 21/05/2024

Times for Sunday 12 May

| 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 | |