

# exercise class programme

## Byfleet Recreation Ground

Accurate as of 21/05/2024

### Times for Monday 13 May



Time	Session	Facility	Level
6:30 am - 7:15 am	Freedom Indoor Cycling	Spin Studio	
9:30 am - 10:30 am	Body Attack	Studio A	
9:30 am - 10:30 am	Yoga	Studio B	
9:40 am - 10:25 am	Freedom Indoor Cycling & Circuits	Spin Studio	
10:30 am - 11:30 am	Tai Chi	Studio B	
10:30 am - 11:30 am	Body Pump	Studio A	
11:35 am - 12:05 pm	50+ Aerobics	Studio B	
12:15 pm - 1:00 pm	Gentle Aqua	Main Pool	
12:15 pm - 1:00 pm	Ballet Fitness	Studio B	
12:30 pm - 1:00 pm	Synrgy Circuits	Synrgy	
1:05 pm - 1:50 pm	Drums Alive	Studio B	
5:00 pm - 5:30 pm	Synrgy Circuits	Synrgy	
5:15 pm - 6:00 pm	Legs, Bums & Tums	Studio A	
5:30 pm - 6:30 pm	Freedom Circuits	main hall	
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Spin Studio	
6:05 pm - 6:50 pm	Pilates	Studio B	
6:05 pm - 6:50 pm	Freedom Pump	Studio A	
6:45 pm - 7:15 pm	Freedom Indoor Cycling	Spin Studio	
6:55 pm - 7:40 pm	Kettlebells	Studio B	
7:50 pm - 8:20 pm	Synrgy Circuits	Synrgy	