

exercise class programme

Goldsworth Park

Accurate as of 19/05/2024

Times for Wednesday 22 September			
Time	Session	Facility	Level
6:15 am - 7:00 am	Freedom Indoor Cycling	dance studio	
9:15 am - 9:45 am	Ab Attack	dance studio	
9:45 am - 10:15 am	Legs, Bums & Tums	dance studio	
5:15 pm - 6:00 pm	Freedom Indoor Cycling	dance studio	
6:15 pm - 7:00 pm	Legs, Bums & Tums	dance studio	