

exercise class programme

Goldsworth Park

Accurate as of 01/05/2024

Times for Thursday 23 September			
Time	Session	Facility	Level
9:15 am - 9:45 am	Freedom Indoor Cycling	dance studio	
11:00 am - 12:00 pm	Pilates	dance studio	
12:00 pm - 1:00 pm	Pilates	dance studio	
1:15 pm - 2:00 pm	Aqua Aerobics	main pool	
5:15 pm - 6:00 pm	Freedom Indoor Cycling	dance studio	
6:00 pm - 7:00 pm	Boxercise	dance studio	
7:00 pm - 8:00 pm	Yoga	dance studio	