

# exercise class programme

## Goldsworth Park

Accurate as of 19/04/2024

### Times for Friday 24 September



Time	Session	Facility	Level
9:15 am - 10:00 am	Legs, Bums & Tums	dance studio	
10:00 am - 10:45 am	Boxercise	dance studio	
11:00 am - 12:00 pm	Gentle Circuits	dance studio	
5:00 pm - 5:30 pm	HIIT	dance studio	
5:30 pm - 6:30 pm	Kettlebells	dance studio	
6:30 pm - 7:30 pm	Pilates	dance studio	