

# exercise class programme

## Goldsworth Park

Accurate as of 05/05/2024

Times for Saturday 25 September			
Time	Session	Facility	Level
8:30 am - 9:15 am	Freedom Indoor Cycling	dance studio	
9:15 am - 10:00 am	Freedom Indoor Cycling	dance studio	
10:00 am - 11:00 am	Pilates	Gymnasium	