

# exercise class programme

## Goldsworth Park

Accurate as of 03/05/2024

| Times for Saturday 20 April |                        |              |       |
|-----------------------------|------------------------|--------------|-------|
| 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    |       |