

# exercise class programme

## Goldsworth Park

Accurate as of 03/05/2024

### Times for Monday 22 April



| Time                | Session                | Facility     | Level |
|---------------------|------------------------|--------------|-------|
| 6:15 am - 7:00 am   | Freedom Indoor Cycling | dance studio |       |
| 9:15 am - 10:00 am  | Body Pump              | dance studio |       |
| 10:00 am - 11:00 am | Gentle Circuits        | Gymnasium    |       |
| 12:15 pm - 1:00 pm  | Pilates                | dance studio |       |
| 1:15 pm - 2:00 pm   | Aqua Aerobics          | dance studio |       |
| 5:15 pm - 6:00 pm   | Body Pump              | dance studio |       |
| 6:00 pm - 7:00 pm   | Freedom Circuits       | Sports Hall  |       |
| 7:00 pm - 8:00 pm   | Yoga                   | dance studio |       |
| 7:30 pm - 8:30 pm   | Zumba                  | Gymnasium    |       |