

# exercise class programme

## Goldsworth Park

Accurate as of 03/05/2024

### Times for Tuesday 23 April



Time	Session	Facility	Level
9:15 am - 10:00 am	Freedom Indoor Cycling	dance studio	
10:00 am - 11:00 am	Gentle Circuits	dance studio	
1:15 pm - 2:00 pm	Aqua Aerobics	main pool	
5:15 pm - 5:45 pm	HIIT	Sports Hall	
5:15 pm - 6:00 pm	Freedom Indoor Cycling	dance studio	
5:45 pm - 6:30 pm	Kettlebells	dance studio	
6:30 pm - 7:30 pm	Body Sculpt	Gymnasium	
6:30 pm - 7:30 pm	Body Pump	dance studio	
7:30 pm - 8:30 pm	Pilates	dance studio	