

exercise class programme

Burntwood Leisure Centre

Accurate as of 22/10/2020

Times for Monday 21 September



Time	Session	Facility	Level
7:30 am - 8:00 am	myride virtual	indoor cycling studio	
9:30 am - 10:15 am	fitness pilates	studio 1	
10:30 am - 11:15 am	aqua aerobics	main pool	
10:30 am - 11:30 am	body pump	studio 1	
12:30 pm - 1:00 pm	myride virtual	indoor cycling studio	
6:00 pm - 6:45 pm	HIIT conditioning	studio 1	
6:00 pm - 7:00 pm	myride virtual	indoor cycling studio	
7:00 pm - 8:00 pm	body pump	studio 1	
7:30 pm - 8:15 pm	freedom indoor cycling	studio 2	