

exercise class programme

Burntwood Leisure Centre

Accurate as of 23/11/2020

Times for Wednesday 23 September



Time	Session	Facility	Level
7:30 am - 8:00 am	myride virtual	indoor cycling studio	
9:30 am - 10:15 am	total body workout	sports hall	
10:30 am - 11:15 am	fitness pilates	sports hall	
12:30 pm - 1:15 pm	myride virtual	indoor cycling studio	
6:00 pm - 6:45 pm	total body workout	studio 1	
6:00 pm - 7:00 pm	clubbercise	sports hall	
6:30 pm - 7:15 pm	myride virtual	indoor cycling studio	
7:00 pm - 8:00 pm	yoga	studio 1	
7:45 pm - 8:30 pm	myride virtual	indoor cycling studio	