## exercise class programme Rowley Park Stadium

## Accurate as of 13/05/2024

Times for Monday 6 December			<b>©</b>
Time	Session	Facility	Level
9:30 am - 10:15 am	Fitball	Studio	
10:30 am - 11:30 am	50+ Pilates	Studio	
5:00 pm - 5:45 pm	Fitball	Studio	
5:45 pm - 6:30 pm	Kettlebells	Studio	
6:00 pm - 6:30 pm	Metafit PWR	Activity Room	
6:45 pm - 7:15 pm	Metafit & Stretch	Activity Room	