

exercise class programme

Rowley Park Stadium

Accurate as of 07/05/2024

Times for Monday 29 April



| 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 | |