


exercise class programme

Rowley Park Stadium

Accurate as of 19/05/2024

Times for Tuesday 30 April				
Time	Session	Facility	Level	
11:00 am - 12:00 pm	TONE	Studio		
5:30 pm - 6:15 pm	Boxercise	Activity Room		
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Studio		
6:45 pm - 7:30 pm	Zumba	Activity Room		