

exercise class programme

Rowley Park Stadium

Accurate as of 07/05/2024

Times for Thursday 2 May



| Time | Session | Facility | Level |
|---------------------|------------------|---------------|-------|
| 11:00 am - 12:00 pm | Freedom Circuits | Studio | |
| 5:30 pm - 6:00 pm | Kettlebells | Studio | |
| 6:15 pm - 6:45 pm | Metafit | Activity Room | |