exercise class programme

Rowley Park Stadium

Accurate as of 01/11/2026

Times for Thursday 5 November

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	