

exercise class programme

Rowley Park Stadium

Accurate as of 01/11/2026

Times for Friday 6 November				
Time	Session	Facility	Level	
9:45 am - 10:15 am	Metafit	Activity Room		
10:30 am - 11:30 am	Mummy and Me Aerobics	Studio	post-natal	
5:30 pm - 6:30 pm	Freedom Circuits	Sports Hall		