exercise class programme

Rowley Park Stadium

Accurate as of 25/11/2026

Times for Wednesday 25 November

Time	Session	Facility	Level
9:15 am - 10:00 am	Zumba Gold	Studio	beginner
10:00 am - 10:30 am	Ab Attack	Studio	
10:30 am - 11:00 am	Kettlebells	Studio	
6:30 pm - 7:30 pm	Freedom Bootcamp	Activity Room	