exercise class programme

Rowley Park Stadium

Accurate as of 25/11/2026

Times for Friday 27 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	