exercise class programme

Rowley Park Stadium

Accurate as of 25/11/2026

Times for Monday 30 November

Time	Session	Facility	Level
9:30 am - 10:15 am	Fitball	Studio	
10:30 am - 11:30 am	50+ Pilates	Studio	
5:00 pm - 5:45 pm	Fitball	Studio	
5:45 pm - 6:30 pm	Kettlebells	Studio	
6:00 pm - 6:30 pm	Metafit PWR	Activity Room	
6:45 pm - 7:15 pm	Metafit & Stretch	Activity Room	