exercise class programme

Rowley Park Stadium

Accurate as of 25/11/2026

Times for Tuesday 1 December

Time	Session	Facility	Level
11:00 am - 12:00 pm	TONE	Studio	
5:30 pm - 6:15 pm	Boxercise	Activity Room	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Studio	
6:45 pm - 7:30 pm	Zumba	Activity Room	