exercise class programme

Forest Fitness Centre

Accurate as of 12/10/2024

Times for Thursday 5 December

Time	Session	Facility	Level
7:00 am - 7:45 am	Freedom Indoor Cycling & Circuits	Gym	
9:15 am - 10:15 am	Freedom Indoor Cycling	Gym	
9:30 am - 10:00 am	Metafit	Studio	
9:30 am - 10:30 am	Buggy Power	Gym	
10:00 am - 10:30 am	Kettlebells	Gym	
10:30 am - 11:30 am	50+ Aerobics	Studio	
5:15 pm - 6:15 pm	Zumba	Studio	
6:15 pm - 7:00 pm	Pilates	Studio	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Gym	
7:00 pm - 7:30 pm	Women Only	Gym	
7:30 pm - 8:00 pm	Kettlebells	Gym	
8:00 pm - 8:30 pm	Ab Attack	Studio	