

exercise class programme

Forest Fitness Centre

Accurate as of 30/04/2024

Times for Wednesday 21 April



| Time | Session | Facility | Level |
|---------------------|------------------------|----------|-------|
| 7:00 am - 7:45 am | Freedom Indoor Cycling | Studio | |
| 9:15 am - 10:00 am | Freedom Circuits Plus | Studio | |
| 11:00 am - 11:45 am | Buggy Power | Studio | |
| 12:15 pm - 1:00 pm | Freedom Indoor Cycling | Gym | |
| 5:30 pm - 6:15 pm | PiYo | Studio | |
| 6:15 pm - 7:00 pm | Boogie Bounce | Studio | |
| 7:00 pm - 7:45 pm | Body Sculpt | Studio | |