

# exercise class programme

## Forest Fitness Centre

Accurate as of 03/05/2024

Times for Friday 23 April			
Time	Session	Facility	Level
7:00 am - 7:30 am	HIIT	Studio	
9:00 am - 9:45 am	Freedom Circuits Plus	Studio	
9:30 am - 10:30 am	Tai Chi	Studio	
9:45 am - 10:30 am	Freedom Indoor Cycling	Gym	
10:30 am - 12:00 pm	Yoga	Studio	
5:30 pm - 6:15 pm	Boxercise	Studio	
6:15 pm - 7:00 pm	Freedom Pump	Studio	