

exercise class programme

Forest Fitness Centre

Accurate as of 28/04/2024

Times for Sunday 25 April

| Time | Session | Facility | Level |
|--------------------|------------------------|----------|-------|
| 8:30 am - 9:15 am | Freedom Indoor Cycling | Gym | |
| 9:15 am - 10:00 am | Freedom Indoor Cycling | Gym | |