

exercise class programme

Forest Fitness Centre

Accurate as of 17/04/2024

Times for Monday 26 April



| Time | Session | Facility | Level |
|---------------------|------------------------|----------|-------|
| 7:00 am - 7:30 am | HIIT | Studio | |
| 9:15 am - 10:00 am | Kettleercise HITT | Studio | |
| 9:15 am - 10:00 am | Freedom Indoor Cycling | Gym | |
| 10:00 am - 10:30 am | PiYo | Studio | |
| 10:30 am - 11:30 am | Yoga | Studio | |
| 1:30 pm - 2:30 pm | Legs, Bums & Tums | Studio | |
| 5:15 pm - 6:15 pm | Zumba | Studio | |
| 5:30 pm - 6:15 pm | Freedom Indoor Cycling | Gym | |
| 6:30 pm - 7:00 pm | Metafit | Studio | |
| 7:00 pm - 7:30 pm | Kettlebells | Studio | |
| 7:00 pm - 7:45 pm | Freedom Indoor Cycling | Gym | |
| 7:30 pm - 8:00 pm | Ab Attack | Studio | |