

exercise class programme

Forest Fitness Centre

Accurate as of 27/04/2024

Times for Friday 26 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 | |