

# exercise class programme

## Forest Fitness Centre

Accurate as of 03/10/2026

| Times for Saturday 3 October |                                   |          |       |
|------------------------------|-----------------------------------|----------|-------|
| Time                         | Session                           | Facility | Level |
| 7:15 am - 8:00 am            | Freedom Circuits                  | Gym      |       |
| 8:15 am - 9:00 am            | Boogie Bounce                     | Studio   |       |
| 8:30 am - 9:15 am            | Freedom Indoor Cycling            | Gym      |       |
| 9:15 am - 10:00 am           | Freedom Indoor Cycling & Circuits | Gym      |       |
| 10:00 am - 11:00 am          | Zumba                             | Studio   |       |