

exercise class programme

Forest Fitness Centre

Accurate as of 03/10/2026

Times for Wednesday 7 October			
Time	Session	Facility	Level
7:00 am - 7:45 am	Freedom Indoor Cycling	Studio	
9:15 am - 10:00 am	Freedom Circuits Plus	Studio	
11:00 am - 11:45 am	Buggy Power	Studio	
12:15 pm - 1:00 pm	Freedom Indoor Cycling	Gym	
5:30 pm - 6:15 pm	PiYo	Studio	
6:15 pm - 7:00 pm	Boogie Bounce	Studio	
7:00 pm - 7:45 pm	Body Sculpt	Studio	