

# exercise class programme

## Wheatsheaf

Accurate as of 19/04/2024

### Times for Tuesday 21 September



Time	Session	Facility	Level
6:15 am - 7:15 am	Synrgy Circuits	gym	
9:00 am - 10:00 am	Zumba	studio	
10:00 am - 11:00 am	Pilates	studio	
11:00 am - 12:00 pm	Freedom Circuits	studio	beginner
5:00 pm - 6:00 pm	Freedom Pump	studio	
5:15 pm - 6:00 pm	Freedom Indoor Cycling	studio	
6:00 pm - 7:00 pm	Freedom Pump	studio	
6:15 pm - 7:15 pm	Yoga	studio	
7:00 pm - 8:00 pm	Zumba	studio	
7:00 pm - 8:00 pm	Yoga	studio	
8:00 pm - 9:00 pm	Aqua Aerobics	main pool	