

# exercise class programme

## Wheatsheaf

Accurate as of 26/04/2024

### Times for Wednesday 22 September



Time	Session	Facility	Level
6:15 am - 7:15 am	Freedom Bootcamp	studio	
9:00 am - 10:00 am	Total Body Conditioning	studio	
9:00 am - 10:00 am	Yoga	studio	
10:00 am - 11:00 am	Tabata	studio	
10:00 am - 11:00 am	Aqua Aerobics	main pool	
11:15 am - 12:15 pm	Tai Chi	studio	
5:15 pm - 6:15 pm	Pilates	studio	
6:00 pm - 7:00 pm	Freedom Circuits	gym	
6:15 pm - 7:15 pm	Tai Chi	studio	