

exercise class programme

Wheatsheaf

Accurate as of 03/05/2024

Times for Thursday 23 September			
Time	Session	Facility	Level
6:15 am - 7:00 am	Freedom Indoor Cycling	studio	
9:00 am - 10:00 am	Zumba	studio	
9:45 am - 10:30 am	Synrgy Core	gym	
10:30 am - 11:30 am	Yoga	studio	
6:00 pm - 7:00 pm	Box Fit	studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	studio	
7:00 pm - 8:00 pm	Zumba	studio	
8:00 pm - 9:00 pm	Aqua Zumba	main pool	