

exercise class programme

Wheatsheaf

Accurate as of 03/05/2024

Times for Friday 24 September			
Time	Session	Facility	Level
6:15 am - 7:15 am	Freedom Bootcamp	studio	
9:00 am - 10:00 am	Step Aerobics / Camu Lan	studio	
10:00 am - 11:00 am	Aqua Aerobics	main pool	
11:00 am - 12:00 pm	Pilates	studio	
6:00 pm - 6:30 pm	HIIT	studio	