

# exercise class programme

## Wheatsheaf

Accurate as of 03/05/2024

### Times for Monday 22 April



Time	Session	Facility	Level
6:15 am - 7:15 am	Freedom Bootcamp	studio	
9:00 am - 10:00 am	Aerobics	studio	
10:00 am - 11:00 am	Aqua Aerobics	main pool	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	studio	
6:00 pm - 7:00 pm	Freedom Circuits	studio	
7:00 pm - 8:00 pm	Legs, Bums & Tums	studio	