

# exercise class programme

## Wheatsheaf

Accurate as of 03/05/2024

### Times for Tuesday 23 April



| 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 |          |