

# exercise class programme

## Morrison Leisure Centre

Accurate as of 29/04/2024

### Times for Monday 6 December



Time	Session	Facility	Level
10:30 am - 11:20 am	Gentle Circuits	Stiwdio B / Studio B	
12:35 pm - 1:20 pm	Pilates	Stiwdio B / Studio B	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Stiwdio A / Studio A	
6:25 pm - 7:10 pm	Dance Fitness	Campfa / Gymnasium	