

exercise class programme

Morrison Leisure Centre

Accurate as of 09/05/2024

Times for Monday 29 April



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	
1:45 pm - 2:30 pm	Aqua Aerobics	Pwll / Pool	
5:00 pm - 6:00 pm	Kettlebells	Stiwdio B / Studio B	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Stiwdio A / Studio A	
6:00 pm - 6:45 pm	Sculpt & Tone	Stiwdio B / Studio B	
6:25 pm - 7:10 pm	Dance Fitness	Campfa / Gymnasium	
6:55 pm - 7:40 pm	Legs, Bums & Tums	Stiwdio B / Studio B	
7:15 pm - 8:00 pm	Bounce Fit	Campfa / Gymnasium	