

exercise class programme

Morrison Leisure Centre

Accurate as of 09/05/2024

Times for Friday 3 May



Time	Session	Facility	Level
9:15 am - 10:00 am	Total Body Workout	Stiwdio B / Studio B	
10:10 am - 11:10 am	Gentle Circuits	Stiwdio B / Studio B	
11:15 am - 2:00 pm	Pilates	Stiwdio B / Studio B	
12:15 pm - 1:00 pm	Aqua Aerobics	Pwll / Pool	
5:00 pm - 5:30 pm	HIIT	Campfa / Gymnasium	
5:30 pm - 6:15 pm	Kettlebells	Campfa / Gymnasium	