

# exercise class programme

## Bishopston Sports Centre

Accurate as of 19/05/2024

Times for Tuesday 27 July			
Time	Session	Facility	Level
9:00 am - 9:45 am	Awakening	Stiwdio A / Studio A	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Stiwdio B / Studio B	
7:00 pm - 7:45 pm	Tabata	Neuadd chwaraeon / Sports Hall	