

# exercise class programme

## Bishopston Sports Centre

Accurate as of 23/04/2024

### Times for Tuesday 23 April



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	
6:00 pm - 7:00 pm	Ashtanga Vinyasa Yoga	Stiwdio A / Studio A	
7:00 pm - 7:45 pm	Tabata	Neuadd chwaraeon / Sports Hall	
7:00 pm - 8:00 pm	Hot Yoga	Stiwdio A / Studio A	