

# exercise class programme

## Bishopston Sports Centre

Accurate as of 04/05/2024

### Times for Wednesday 24 April



Time	Session	Facility	Level
9:00 am - 9:45 am	Awakening	Stiwdio A / Studio A	
10:00 am - 11:00 am	Ashtanga Vinyasa Yoga	Stiwdio A / Studio A	
5:30 pm - 6:30 pm	Hot Yoga	Stiwdio A / Studio A	
7:00 pm - 7:45 pm	Sweat!	Stiwdio A / Studio A	