

exercise class programme

Bishopston Sports Centre

Accurate as of 04/05/2024

Times for Thursday 25 April



Time	Session	Facility	Level
9:00 am - 9:45 am	Awakening	Stiwdio A / Studio A	
11:00 am - 12:00 pm	Yoga 4 All	Stiwdio A / Studio A	
12:00 pm - 1:00 pm	Tai Chi	Stiwdio A / Studio A	
1:30 pm - 2:30 pm	NERS Circuits	Stiwdio A / Studio A	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Stiwdio B / Studio B	
7:00 pm - 7:45 pm	Total Body Reset	Neuadd chwaraeon / Sports Hall	