

exercise class programme

Bishopston Sports Centre

Accurate as of 18/05/2024

Times for Friday 26 April			
Time	Session	Facility	Level
9:00 am - 9:45 am	Awakening	Stiwdio A / Studio A	
10:30 am - 12:00 pm	Yin Yoga	Stiwdio A / Studio A	
4:00 pm - 5:00 pm	Restorative Yoga	Stiwdio A / Studio A	
5:00 pm - 6:00 pm	Restorative Yoga	Stiwdio A / Studio A	
6:15 pm - 7:00 pm	Box Fit	Stiwdio A / Studio A	