

exercise class programme

Bishopston Sports Centre

Accurate as of 04/05/2024

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 | |