

exercise class programme

George Campbell Leisure Centre

Accurate as of 10/05/2024

| Times for Wednesday 2 December | | | |
|--------------------------------|------------------------|----------|-------|
| Time | Session | Facility | Level |
| 8:30 am - 9:30 am | Freedom Indoor Cycling | Studio 1 | |
| 6:00 pm - 7:00 pm | Spinning ® | Studio 2 | |
| 7:00 pm - 8:00 pm | Freedom Circuits | Studio 1 | |