

exercise class programme

George Campbell Leisure Centre

Accurate as of 03/05/2024

Times for Tuesday 7 December



Time	Session	Facility	Level
10:00 am - 11:00 am	Yoga	Studio 2	
10:00 am - 11:30 am	Exercise Referral	Studio 1	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Studio 2	
6:00 pm - 7:00 pm	Legs, Bums & Tums	Studio 1	
7:00 pm - 8:00 pm	Aqua Aerobics	Pool	
7:05 pm - 8:05 pm	Body Pump	Studio 1	