

# exercise class programme

## George Campbell Leisure Centre

Accurate as of 03/05/2024

### Times for Thursday 16 December



Time	Session	Facility	Level
6:30 am - 7:15 am	Spinning®	Studio 2	
9:00 am - 10:00 am	Pilates	Studio 2	
9:30 am - 10:30 am	Body Conditioning Class	Studio 1	
11:00 am - 12:00 pm	50+ Chair Aerobics	Studio 2	
7:00 pm - 8:00 pm	Body Pump	Studio 1	