

# exercise class programme

## George Campbell Leisure Centre

Accurate as of 30/04/2024

### Times for Monday 1 April



Time	Session	Facility	Level
9:30 am - 10:30 am	Aqua Aerobics	Pool	
9:30 am - 10:30 am	Legs, Bums & Tums	Studio 1	
10:30 am - 11:30 am	Zumba	Studio 1	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Studio 2	
6:00 pm - 7:00 pm	Boxercise	Studio 1	
7:10 pm - 7:55 pm	Body Pump	Studio 1	
8:00 pm - 8:30 pm	Les Mills CORE™	Studio 1	