

# exercise class programme

## George Campbell Leisure Centre

Accurate as of 30/04/2024

### Times for Wednesday 3 April



Time	Session	Facility	Level
6:30 am - 7:15 am	Freedom Bootcamp	Studio 1	
9:30 am - 10:30 am	Legs, Bums & Tums	Studio 1	
10:00 am - 10:45 am	Freedom Indoor Cycling	Studio 2	
10:45 am - 11:30 am	Body Combat	Studio 1	
11:30 am - 12:15 pm	Body Balance	Studio 1	
1:30 pm - 2:45 pm	Yoga	Studio 1	
6:00 pm - 7:00 pm	Spinning®	Studio 2	
7:00 pm - 8:00 pm	Freedom Circuits	Studio 1	