

exercise class programme

George Campbell Leisure Centre

Accurate as of 14/05/2024

Times for Thursday 4 April



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