

# exercise class programme

## Hudson Leisure Centre

Accurate as of 30/04/2024

### Times for Tuesday 7 December



| Time               | Session                | Facility | Level |
|--------------------|------------------------|----------|-------|
| 8:00 am - 9:00 am  | Freedom Indoor Cycling | Studio   |       |
| 9:15 am - 10:15 am | Body Combat            | Studio   |       |
| 6:00 pm - 7:00 pm  | Insanity               | Studio   |       |
| 6:15 pm - 7:00 pm  | Core Plus              | Studio   |       |
| 6:45 pm - 7:30 pm  | Freedom Indoor Cycling | Studio   |       |