exercise class programme

Hudson Leisure Centre

Accurate as of 18/04/2024

Times for Wednesday 8 December

Time	Session	Facility	Level
7:00 am - 7:45 am	Freedom Bootcamp	gym	
9:30 am - 10:15 am	Freedom Indoor Cycling	Studio	
9:30 am - 10:30 am	Aerobics	Studio	
6:00 pm - 7:00 pm	Body Combat	Studio	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Studio	
7:00 pm - 8:00 pm	Body Pump	Studio	