

# exercise class programme

## Hudson Leisure Centre

Accurate as of 01/05/2024

### Times for Monday 13 December



Time	Session	Facility	Level
9:00 am - 10:00 am	Freedom Indoor Cycling & Abs	Studio	
9:15 am - 10:00 am	Mega Mix	Studio	
10:00 am - 11:00 am	Body Balance	Studio	
6:00 pm - 7:00 pm	Body Pump	Studio	
7:00 pm - 8:00 pm	Boxercise	Studio	