

# exercise class programme

## Hudson Leisure Centre

Accurate as of 29/04/2024

### Times for Thursday 16 December



Time	Session	Facility	Level
9:00 am - 10:00 am	Freedom Circuits	Studio	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Studio	
6:00 pm - 7:00 pm	Body Balance	Studio	