

exercise class programme

Hudson Leisure Centre

Accurate as of 30/04/2024

Times for Friday 17 December



| Time | Session | Facility | Level |
|---------------------|-------------------|----------|-------|
| 8:00 am - 9:00 am | Body Pump | Studio | |
| 9:15 am - 10:15 am | Body Balance | Studio | |
| 10:15 am - 11:00 am | Legs, Bums & Tums | Studio | |