


# exercise class programme

## Hudson Leisure Centre

Accurate as of 14/05/2024

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		