

# exercise class programme

## Hudson Leisure Centre

Accurate as of 18/05/2024

### Times for Tuesday 23 April



Time	Session	Facility	Level
8:00 am - 9:00 am	Freedom Indoor Cycling	Studio	
9:15 am - 10:15 am	Body Combat	Studio	
11:15 am - 12:15 pm	Freedom Interval Training	Studio	
6:00 pm - 7:00 pm	Insanity	Studio	
6:15 pm - 7:00 pm	Core Plus	Studio	
6:45 pm - 7:30 pm	Freedom Indoor Cycling	Studio	
7:00 pm - 8:00 pm	Freedom Balance	Studio	