

# exercise class programme

## Hudson Leisure Centre

Accurate as of 04/05/2024

### Times for Monday 29 April



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	
11:30 am - 12:30 pm	Aqua Aerobics	Studio	
6:00 pm - 7:00 pm	Body Pump	Studio	
6:00 pm - 7:15 pm	Yoga	Studio	
7:00 pm - 8:00 pm	Boxercise	Studio	
8:00 pm - 8:30 pm	Core Plus	Studio	