

exercise class programme

Hudson Leisure Centre

Accurate as of 10/09/2026

Times for Monday 14 September

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	Pilates	Studio	
11:30 am - 12:30 pm	Aqua Aerobics	Studio	
6:00 pm - 6:45 pm	Body Pump	Studio	
6:00 pm - 7:15 pm	Yoga	Studio	
6:45 pm - 7:15 pm	Ab Attack	Studio	
7:15 pm - 8:00 pm	Body Combat	Studio	