

exercise class programme

Hudson Leisure Centre

Accurate as of 10/09/2026

Times for Tuesday 15 September



Time	Session	Facility	Level
8:00 am - 9:00 am	Freedom Indoor Cycling	Studio	
9:15 am - 10:15 am	Body Combat	Studio	
10:15 am - 11:15 am	Ball Fusion	Studio	
6:00 pm - 7:00 pm	Stretch & Tone	Studio	
6:00 pm - 7:00 pm	Insanity	Studio	
6:45 pm - 7:30 pm	Freedom Indoor Cycling	Studio	
7:00 pm - 8:00 pm	Freedom Balance	Studio	