

exercise class programme

Hudson Leisure Centre

Accurate as of 10/09/2026

Times for Wednesday 16 September			
Time	Session	Facility	Level
7:00 am - 7:45 am	Freedom Bootcamp	Gym	
9:30 am - 10:15 am	Freedom Indoor Cycling	Studio	
9:30 am - 10:30 am	Aerobics	Studio	
10:45 am - 12:00 pm	Yoga	Studio	
2:00 pm - 3:00 pm	Exercise Referral	Studio	
6:00 pm - 7:00 pm	Body Pump	Studio	
6:30 pm - 7:30 pm	Freedom Indoor Cycling	Studio	
7:00 pm - 7:30 pm	Ball Fusion	Studio	
7:00 pm - 8:00 pm	Aqua Aerobics	Studio	
7:30 pm - 8:00 pm	HIIT Step	Studio	