

exercise class programme

Hudson Leisure Centre

Accurate as of 15/09/2026

Times for Thursday 17 September

Time	Session	Facility	Level
9:00 am - 10:00 am	Freedom Circuits	Studio	
9:30 am - 10:15 am	Pilates	Studio	
10:15 am - 11:15 am	Zumba	Studio	
11:30 am - 12:30 pm	Yoga	Studio	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Studio	
6:00 pm - 7:00 pm	Zumba	Studio	
7:00 pm - 8:00 pm	Body Balance	Studio	
7:00 pm - 8:00 pm	Legs, Bums & Tums	Studio	