

exercise class programme

Hudson Leisure Centre

Accurate as of 15/09/2026

Times for Friday 18 September			
Time	Session	Facility	Level
8:00 am - 9:00 am	Body Pump	Studio	
9:15 am - 10:15 am	Body Balance	Studio	
10:15 am - 11:00 am	Legs, Bums & Tums	Studio	
11:30 am - 12:15 pm	Aqua Zumba	Gym	
12:30 pm - 1:30 pm	Healthy Heart	Studio	