

# exercise class programme

## Manor Leisure Centre

Accurate as of 23/04/2024

### Times for Thursday 23 September



| Time                | Session       | Facility  | Level      |
|---------------------|---------------|-----------|------------|
| 10:00 am - 11:00 am | Aqua Aerobics | main hall | all levels |
| 6:00 pm - 7:00 pm   | Body Pump     | main hall | all levels |