


exercise class programme

Manor Leisure Centre

Accurate as of 04/05/2024

Times for Friday 24 September				
Time	Session	Facility	Level	
9:15 am - 10:15 am	Freedom Indoor Cycling & Abs	studio	all levels	
10:30 am - 11:30 am	50+ Body Conditioning	main hall	all levels	
5:30 pm - 6:30 pm	Friday Night Mash Up	main hall	all levels	