

# exercise class programme

## Manor Leisure Centre

Accurate as of 01/05/2024

### Times for Thursday 18 August



Time	Session	Facility	Level
9:15 am - 10:15 am	Pilates	main hall	all levels
10:00 am - 11:00 am	Aqua Aerobics	main hall	all levels
6:00 pm - 7:00 pm	Body Pump	main hall	all levels