


exercise class programme

Manor Leisure Centre

Accurate as of 16/05/2024

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	