


exercise class programme

Manor Leisure Centre

Accurate as of 19/05/2024

Times for Tuesday 23 August				
Time	Session	Facility	Level	
9:15 am - 10:15 am	TONE	main hall	all levels	
11:00 am - 12:00 pm	50+ Body Conditioning	main hall	all levels	
1:30 pm - 2:30 pm	Aqua Aerobics	main hall	all levels	
6:00 pm - 7:00 pm	Body Pump	main hall	all levels	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	main hall	all levels	