

# exercise class programme

## Manor Leisure Centre

Accurate as of 06/05/2024

### 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