

exercise class programme

Manor Leisure Centre

Accurate as of 17/05/2024

Times for Tuesday 16 April



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
7:00 pm - 8:00 pm	Yoga	main hall	