

exercise class programme

Manor Leisure Centre

Accurate as of 17/05/2024

Times for Monday 22 April			
Time	Session	Facility	Level
9:15 am - 10:15 am	Body Combat	main hall	all levels
11:00 am - 12:00 pm	Easy Does It	main hall	beginner
1:30 pm - 2:30 pm	Gentle Aerobics	main hall	all levels
3:00 pm - 4:00 pm	Pilates	main hall	all levels
6:00 pm - 6:45 pm	Freedom Indoor Cycling	studio	all levels
6:00 pm - 7:00 pm	Legs, Bums & Tums	main hall	all levels
7:00 pm - 8:00 pm	Body Combat	main hall	all levels