

# exercise class programme

## Manor Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 24 April			
Time	Session	Facility	Level
9:15 am - 10:15 am	Groove It	main hall	all levels
11:00 am - 12:00 pm	Pilates	main hall	all levels
6:00 pm - 6:45 pm	Freedom Indoor Cycling	studio	
6:00 pm - 7:00 pm	Step Plus	main hall	all levels
7:00 pm - 8:00 pm	Core & Recovery	main hall	all levels