

# exercise class programme

## Manor Leisure Centre

Accurate as of 03/05/2024

### Times for Thursday 25 April



| Time                | Session       | Facility  | Level      |
|---------------------|---------------|-----------|------------|
| 9:15 am - 10:15 am  | Pilates       | main hall | all levels |
| 10:00 am - 11:00 am | Aqua Aerobics | main hall | all levels |
| 6:00 pm - 7:00 pm   | Body Pump     | main hall | all levels |
| 6:00 pm - 7:00 pm   | Groove It     | studio    | all levels |