

exercise class programme

Julie Rose Stadium

Accurate as of 17/05/2025

Times for Monday 18 January



Time	Session	Facility	Instructor	Level
12:15 pm - 1:00 pm	Groove-it Fit	Studio	Lisa	all levels
5:00 pm - 6:00 pm	Yoga for Beginners	Studio	Katy	beginner / intermediate
6:15 pm - 7:30 pm	Yoga	Studio	Katy	intermediate