

exercise class programme

Julie Rose Stadium

Accurate as of 15/07/2025

Times for Tuesday 26 January				
Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Freedom Bootcamp	Studio		all levels
9:30 am - 10:30 am	Active for Life	Stour Centre Studio 2		all levels
11:00 am - 12:00 pm	Active for Life	Stour Centre Studio 2		all levels
12:15 pm - 1:00 pm	Freedom Circuits	Studio		
6:00 pm - 6:45 pm	Stretch & Tone	Studio	Hester	all levels