

exercise class programme

Julie Rose Stadium

Accurate as of 01/07/2025

Times for Friday 29 January				
Time	Session	Facility	Instructor	Level
8:00 am - 8:45 am	Zumba	Studio	Ally	all levels
10:30 am - 11:30 am	Walk / Jog	Running Track		all levels
12:15 pm - 1:00 pm	Stretch & Tone	Studio	Lisa	all levels
6:00 pm - 6:45 pm	Zumba	Studio		all levels