

# exercise class programme

## Julie Rose Stadium

Accurate as of 02/05/2024

### Times for Tuesday 23 February



| 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  | Gym      |            | all levels |
| 11:00 am - 12:00 pm | Active for Life  | Gym      |            | all levels |
| 12:15 pm - 1:00 pm  | Freedom Circuits | Studio   |            |            |
| 6:00 pm - 6:45 pm   | Stretch & Tone   | Studio   | Hester     | all levels |