## exercise class programme Julie Rose Stadium

## Accurate as of 21/05/2024

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## Times for Wednesday 24 February

Time	Session	Facility	Instructor	Level
-		•		
9:30 am - 10:30 am	Yoga for Beginners	Studio	Katy	beginner
10:30 am - 11:15 am	Walk / Jog	Running Track		all levels
10:45 am - 12:00 pm	Yoga	Studio	Katy	intermediate
12:15 pm - 1:00 pm	Legs, Bums & Tums	Studio		all levels