


# exercise class programme

## Julie Rose Stadium

Accurate as of 04/05/2024

Times for Monday 1 March					
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	