

exercise class programme

Julie Rose Stadium

Accurate as of 03/05/2024

Times for Tuesday 2 March					
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	