

exercise class programme

Julie Rose Stadium

Accurate as of 03/05/2024

Times for Wednesday 3 March				
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