

# exercise class programme

## Julie Rose Stadium

Accurate as of 05/05/2024

Times for Thursday 4 March				
Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Freedom Bootcamp	Studio		
11:00 am - 12:00 pm	Active for Life	Gym		all levels
12:15 pm - 1:00 pm	Freedom Circuits	Studio		
12:30 pm - 1:30 pm	Active for Life	Gym		all levels
6:00 pm - 6:45 pm	Groove-it Fit	Studio	Lisa	intermediate / advanced
7:00 pm - 7:45 pm	Powerhoop	Studio	Lisa	all levels