exercise class programme

Julie Rose Stadium

Accurate as of 12/10/2024

Times for Wednesday 29 June

Time	Session	Facility	Instructor	Level
9:30 am - 10:30 am	Yoga for Beginners	Studio	Katy	
10:30 am - 11:15 am	Walk / Jog	Running Track	Adam	
10:45 am - 12:00 pm	Intermediate Yoga	Studio	Katy	