

# exercise class programme

## Julie Rose Stadium

Accurate as of 24/04/2024

### 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		
10:45 am - 12:00 pm	Intermediate Yoga	Studio	Katy	