

# exercise class programme

## Julie Rose Stadium

Accurate as of 20/05/2024

### Times for Monday 22 April



Time	Session	Facility	Instructor	Level
9:45 am - 10:45 am	Active for Life	Studio	Sara	
11:00 am - 12:00 pm	Active for Life	Studio	Sara	
12:15 pm - 1:00 pm	Groove-it Fit	Studio	Lisa	
5:00 pm - 6:00 pm	Yoga for Beginners	Studio	Katy	
6:15 pm - 7:30 pm	Intermediate Yoga	Studio	Katy	