

# exercise class programme

## Julie Rose Stadium

Accurate as of 26/04/2024

### Times for Friday 26 April



| Time                | Session                | Facility            | Instructor | Level |
|---------------------|------------------------|---------------------|------------|-------|
| 9:30 am - 10:45 am  | Freedom Indoor Cycling | Spearpoint Pavilion | Becky      |       |
| 10:30 am - 11:15 am | Walk / Jog             | Running Track       | Declan     |       |
| 6:00 pm - 6:45 pm   | Zumba                  | Studio              | Ally       |       |
| 6:00 pm - 6:45 pm   | Freedom Indoor Cycling | Spearpoint Pavilion | Hester     |       |
| 6:30 pm - 7:30 pm   | Freedom Bootcamp       | Indoor Shute        | Declan     |       |