

exercise class programme

Julie Rose Stadium

Accurate as of 19/05/2024

Times for Tuesday 30 April				
Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Spin	Spearpoint Pavilion	Linda	
5:00 pm - 5:45 pm	Legs, Bums & Tums	Studio	Emma C	
6:00 pm - 6:45 pm	Stretch & Tone	Studio	Hester	