

exercise class programme

Julie Rose Stadium

Accurate as of 19/05/2024

Times for Wednesday 1 May				
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	
12:15 pm - 1:00 pm	Lift and Shape	Studio	Lisa	