

exercise class programme

Julie Rose Stadium

Accurate as of 19/05/2024

| Times for Thursday 2 May | | | | |
|--------------------------|----------------------|----------|------------|-------|
| Time | Session | Facility | Instructor | Level |
| 6:00 pm - 6:45 pm | Groove-it Fit & Flow | Studio | Lisa | |
| 7:00 pm - 7:45 pm | Powerhoop | Studio | Lisa | |