

exercise class programme

Julie Rose Stadium

Accurate as of 19/05/2024

Times for Friday 3 May



Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Vibe Cycle	Spearpoint Pavilion	Becky	
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	