

Exercise classes

Six Villages Sports Centre

Accurate as of 29/04/2024

| Times for Tuesday 21 September | | | | |
|--------------------------------|-----------|--------------|------------|------------|
| Time | Session | Facility | Instructor | Level |
| 5:30 pm - 6:30 pm | Yoga | Wyatt Studio | Catherine | |
| 7:00 pm - 8:00 pm | Boxercise | Wyatt Studio | Alex | all levels |