

# Exercise classes

## Six Villages Sports Centre

Accurate as of 18/05/2024

| Times for Sunday 28 August |                  |              |            |       |
|----------------------------|------------------|--------------|------------|-------|
| Time                       | Session          | Facility     | Instructor | Level |
| 9:30 am - 10:30 am         | Freedom Strength | Wyatt Studio | Alex       |       |