

# exercise class programme

## Wincanton Sports Centre

Accurate as of 02/05/2024

Times for Thursday 23 September			
Time	Session	Facility	Level
9:15 am - 10:00 am	Freedom Indoor Cycling	studio	
10:00 am - 10:45 am	Pilates	studio	
10:15 am - 11:00 am	Aqua Aerobics	indoor pool	
5:00 pm - 5:45 pm	Freedom Strength	studio	
6:00 pm - 6:45 pm	Freedom Circuits	studio	