

exercise class programme

Wincanton Sports Centre

Accurate as of 18/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
9:15 am - 10:00 am	Freedom Step	studio	
10:15 am - 11:00 am	Freedom Indoor Cycling	studio	
11:15 am - 12:00 pm	Pilates	studio	
5:00 pm - 5:45 pm	Kettlebells	studio	
6:00 pm - 6:45 pm	Legs, Bums & Tums	studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	studio	
7:00 pm - 7:45 pm	Aqua Aerobics	indoor pool	
7:00 pm - 7:45 pm	Freedom Circuits	studio	
8:00 pm - 9:00 pm	Women Only	gym	