

# exercise class programme

## Wincanton Sports Centre

Accurate as of 18/05/2024

### Times for Tuesday 23 April



Time	Session	Facility	Level
7:00 am - 7:45 am	Freedom Indoor Cycling	studio	
9:15 am - 10:00 am	Aerobics	studio	
10:15 am - 11:00 am	Freedom Indoor Cycling	studio	
12:00 pm - 12:45 pm	Aqua Aerobics	indoor pool	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	studio	
7:00 pm - 7:30 pm	Bounce	studio	
7:30 pm - 8:15 pm	Freedom Step	studio	
8:15 pm - 9:00 pm	Pure Stretch	studio	