

exercise class programme

Wincanton Sports Centre

Accurate as of 05/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Level
7:00 am - 7:45 am	Freedom Indoor Cycling	studio	
9:15 am - 10:00 am	Pure Strength	studio	
10:15 am - 11:00 am	Pure Stretch	studio	
10:15 am - 11:00 am	Freedom Indoor Cycling	studio	
5:00 pm - 5:30 pm	Bounce Fit	studio	
5:30 pm - 6:00 pm	Freedom Step	studio	
6:00 pm - 6:45 pm	Freedom Strength	studio	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	studio	
7:00 pm - 7:45 pm	Aqua Aerobics	indoor pool	
7:00 pm - 7:45 pm	Yoga	studio	