

exercise class programme

Wincanton Sports Centre

Accurate as of 18/05/2024

Times for Thursday 2 May



Time	Session	Facility	Level
7:00 am - 7:45 am	Yoga	studio	
9:00 am - 10:00 am	Women Only	gym	
9:15 am - 10:00 am	Freedom Indoor Cycling	studio	
9:15 am - 10:00 am	Zumba	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	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	studio	