

group exercise programme

Eastwood Leisure Centre

Accurate as of 19/05/2024

Times for Thursday 18 August			
Time	Session	Facility	Level
9:30 am - 10:15 am	Les Mills BODYPUMP™	studio 2	
10:30 am - 11:15 am	Aqua Aerobics	main pool	
10:30 am - 11:30 am	Les Mills BODYBALANCE™	studio 2	
6:15 pm - 7:00 pm	Dance Fitness	studio 1	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	cycling studio	
7:00 pm - 8:00 pm	Yoga	studio 2	