group exercise programme
Eastwood Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 23 August

Time	Session	Facility	Level
9:30 am - 10:15 am	Barre Fusion	studio 2	
10:30 am - 11:30 am	Yoga	studio 2	
6:15 pm - 7:00 pm	Les Mills BODYPUMP™	studio 2	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	cycling studio	
7:15 pm - 8:15 pm	Les Mills BODYBALANCE™	studio 2	