

# group exercise programme

## Eastwood Leisure Centre

Accurate as of 26/04/2024

### Times for Wednesday 24 August



Time	Session	Facility	Level
10:30 am - 11:15 am	Aqua Aerobics	main pool	
6:15 pm - 7:15 pm	Les Mills BODYBALANCE™	studio 2	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	cycling studio	
7:15 pm - 8:15 pm	Pilates	studio 2	