

# group exercise programme

## Eastwood Leisure Centre

Accurate as of 30/04/2024

### Times for Friday 26 August



Time	Session	Facility	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	cycling studio	
10:00 am - 10:45 am	Fit for All	studio 1	
10:30 am - 11:15 am	Legs, Bums & Tums	studio 2	