

group exercise programme

Eastwood Leisure Centre

Accurate as of 18/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	cycling studio	
10:00 am - 10:45 am	Aqua Aerobics	main pool	
10:30 am - 11:15 am	Les Mills BODYPUMP™	studio 2	
11:30 am - 12:30 pm	Les Mills BODYBALANCE™	studio 2	
6:00 pm - 7:00 pm	Yoga	studio 1	
6:15 pm - 7:15 pm	Les Mills BODYCOMBAT™	studio 2	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	cycling studio	
7:30 pm - 8:00 pm	Les Mills GRIT™	studio 2	
7:30 pm - 8:15 pm	Legs, Bums & Tums	studio 1	