

group exercise programme

Eastwood Leisure Centre

Accurate as of 18/05/2024

Times for Tuesday 23 April



| Time | Session | Facility | Level |
|---------------------|------------------------|----------------|-------|
| 9:30 am - 10:15 am | Barre Fusion | studio 2 | |
| 9:30 am - 10:15 am | Aqua Aerobics | main pool | |
| 10:30 am - 11:30 am | Yoga | studio 2 | |
| 10:45 am - 11:45 am | Zumba | studio 1 | |
| 6:00 pm - 6:45 pm | Ladies Only Aqua | main pool | |
| 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 | |