

group exercise programme

Eastwood Leisure Centre

Accurate as of 05/05/2024

Times for Friday 26 April



| Time | Session | Facility | Level |
|---------------------|------------------------|----------------|-------|
| 9:30 am - 10:15 am | Freedom Indoor Cycling | cycling studio | |
| 9:30 am - 10:15 am | Les Mills BODYPUMP™ | studio 2 | |
| 10:00 am - 10:45 am | Fit for All | studio 1 | |
| 10:30 am - 11:15 am | Legs, Bums & Tums | studio 2 | |
| 11:15 am - 12:00 pm | Aqua Aerobics | main pool | |
| 6:00 pm - 6:45 pm | Freedom Indoor Cycling | cycling studio | |