

group exercise programme

Eastwood Leisure Centre

Accurate as of 05/05/2024

Times for Saturday 27 April



| Time | Session | Facility | Level |
|---------------------|------------------------|----------------|-------|
| 8:30 am - 9:15 am | Les Mills BODYPUMP™ | studio 2 | |
| 9:45 am - 10:45 am | Pilates | studio 2 | |
| 10:30 am - 11:15 am | Freedom Indoor Cycling | cycling studio | |
| 11:15 am - 12:00 pm | Aqua Aerobics | main pool | |
| 11:30 am - 12:00 pm | Les Mills GRIT™ | studio 2 | |