

group exercise programme

Eastwood Leisure Centre

Accurate as of 18/05/2026

Times for Monday 29 April



Time	Session	Facility	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	Cycling Studio	
10:30 am - 11:15 am	Les Mills BODYPUMP™	Studio 2	
6:15 pm - 7:15 pm	Yoga	Studio 1	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Cycling Studio	
7:30 pm - 8:15 pm	Legs, Bums & Tums	Studio 1	