

group exercise programme

Eastwood Leisure Centre

Accurate as of 18/05/2026

Times for Tuesday 30 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 - 11:15 am	Zumba	Studio 1	
10:30 am - 11:30 am	Yoga	Studio 2	
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	