

group exercise programme

Eastwood Leisure Centre

Accurate as of 05/05/2024

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 - 11:30 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	