

group exercise programme

Eastwood Leisure Centre

Accurate as of 05/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Level
9:30 am - 10:30 am	Pilates	studio 1	
10:30 am - 11:15 am	Aqua Aerobics	main pool	
10:30 am - 11:15 am	Legs, Bums & Tums	studio 2	
6:15 pm - 7:15 pm	Les Mills BODYBALANCE™	studio 2	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	cycling studio	
7:15 pm - 8:15 pm	Pilates	studio 2	