

# group exercise programme

## Eastwood Leisure Centre

Accurate as of 18/05/2026

### Times for Friday 3 May



Time	Session	Facility	Level
9:30 am - 10:15 am	Les Mills BODYPUMP™	Studio 2	
11:15 am - 12:00 pm	Aqua Aerobics	Main Pool	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Cycling Studio	