

group exercise programme

Eastwood Leisure Centre

Accurate as of 18/05/2024

Times for Friday 3 May



Time	Session	Facility	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	cycling studio	
9:30 am - 10:15 am	Les Mills BODYPUMP™	studio 2	
10:00 am - 10:45 am	Fit for All	studio 1	
10:30 am - 11:15 am	Legs, Bums & Tums	studio 2	
11:15 am - 12:00 pm	Aqua Aerobics	main pool	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	cycling studio	