

group exercise programme

Eastwood Leisure Centre

Accurate as of 18/05/2024

Times for Saturday 4 May



Time	Session	Facility	Level
8:30 am - 9:15 am	Les Mills BODYPUMP™	studio 2	
9:45 am - 10:45 am	Pilates	studio 2	
10:30 am - 11:15 am	Freedom Indoor Cycling	cycling studio	
11:15 am - 12:00 pm	Aqua Aerobics	main pool	