

group exercise programme

Eastwood Leisure Centre

Accurate as of 18/05/2026

Times for Thursday 16 May



Time	Session	Facility	Level
9:30 am - 10:15 am	Les Mills BODYPUMP™	Studio 2	
10:30 am - 11:15 am	Aqua Aerobics	Main Pool	
10:30 am - 11:30 am	Les Mills BODYBALANCE™	Studio 2	
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	Yoga	Studio 1	