

# exercise class programme

## Moulsecoomb Community Leisure Centre

Accurate as of 19/05/2024

### Times for Monday 22 April



Time	Session	Facility	Instructor	Level
10:30 am - 11:00 am	Reconnect	Dance Studio	Carol	all levels
11:00 am - 12:00 pm	Reconnect	Bar	Carol	all levels
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Small Cycling Studio	Emma	all levels