


# exercise class programme

## Rowley Park Stadium

Accurate as of 02/05/2024

Times for Friday 19 April				
Time	Session	Facility	Level	
9:45 am - 10:15 am	Metafit	Activity Room		
10:30 am - 11:30 am	Mummy and Me Aerobics	Studio	post-natal	
5:30 pm - 6:30 pm	Freedom Circuits	Sports Hall		