

exercise class programme

Forest Fitness Centre

Accurate as of 30/04/2024

Times for Tuesday 11 June



| Time | Session | Facility | Level |
|---------------------|------------------------|----------|-------|
| 7:00 am - 7:30 am | HIIT | Studio | |
| 9:15 am - 10:00 am | Freedom Indoor Cycling | Gym | |
| 9:15 am - 10:00 am | Boogie Bounce | Studio | |
| 10:00 am - 10:45 am | Freedom Pump | Studio | |
| 11:00 am - 12:00 pm | 50+ Aerobics | Studio | |
| 1:30 pm - 3:00 pm | Tai Chi | Studio | |
| 5:30 pm - 6:15 pm | Boogie Bounce | Studio | |
| 5:30 pm - 6:15 pm | Freedom Indoor Cycling | Gym | |
| 6:15 pm - 7:00 pm | Boxercise | Studio | |
| 7:00 pm - 8:00 pm | Freedom Pump | Studio | |
| 7:30 pm - 8:00 pm | Ab Attack | Gym | |
| 8:00 pm - 8:30 pm | Metafit | Gym | |