

# exercise class programme

## Forest Fitness Centre

Accurate as of 02/05/2024

Times for Tuesday 18 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	