

# exercise class programme

## Forest Fitness Centre

Accurate as of 29/04/2024

### Times for Saturday 31 August



Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Circuits	Gym	
8:15 am - 9:00 am	Boogie Bounce	Studio	
8:30 am - 9:15 am	Freedom Indoor Cycling	Gym	
9:15 am - 10:00 am	Freedom Indoor Cycling & Circuits	Gym	
10:00 am - 11:00 am	Zumba	Studio	