exercise class programme
Forest Fitness Centre

Accurate as of 12/10/2024

Times for Monday 9 December

Time	Session	Facility	Level
7:00 am - 7:30 am	HIIT	Studio	
9:15 am - 10:00 am	Kettlercise HITT	Studio	
9:15 am - 10:00 am	Freedom Indoor Cycling	Gym	
10:00 am - 10:30 am	PiYo	Studio	
10:30 am - 11:30 am	Yoga	Studio	
1:30 pm - 2:30 pm	Legs, Bums & Tums	Studio	
5:15 pm - 6:15 pm	Zumba	Studio	
5:30 pm - 6:15 pm	Freedom Indoor Cycling	Gym	
6:30 pm - 7:00 pm	Metafit	Studio	
7:00 pm - 7:30 pm	Kettlebells	Studio	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	Gym	
7:30 pm - 8:00 pm	Ab Attack	Studio	