exercise class programme Forest Fitness Centre

Accurate as of 03/05/2024

| Times for Sunday 15 December | | | | <u>()</u> |
|------------------------------|------------------------|----------|-------|-----------|
| Time | Session | Facility | Level | |
| 8:30 am - 9:15 am | Freedom Indoor Cycling | Gym | | |
| 9:15 am - 10:00 am | Freedom Indoor Cycling | Gym | | |