

# exercise class programme

## Forest Fitness Centre

Accurate as of 15/05/2024

| Times for Saturday 30 March |                                   |          |       |
|-----------------------------|-----------------------------------|----------|-------|
| 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   |       |