

# exercise class programme

## Heathfield Leisure Centre

Accurate as of 07/05/2024

### Times for Wednesday 1 May



Time	Session	Facility	Instructor	Level
5:30 pm - 6:00 pm	Freedom Indoor Cycling	dance studio	Wendy	
6:00 pm - 6:45 pm	HIIT	dance studio	Wendy	
7:00 pm - 7:45 pm	80s Aerobics	dance studio	Wendy	
7:45 pm - 8:30 pm	Pure Stretch	dance studio	Wendy	