

# exercise class programme

## Hudson Leisure Centre

Accurate as of 08/05/2024

### Times for Thursday 2 May



Time	Session	Facility	Level
9:00 am - 10:00 am	Freedom Circuits	Studio	
9:15 am - 10:00 am	Body Pump	Studio	
10:15 am - 11:15 am	Zumba	Studio	
10:30 am - 11:45 am	Yoga	Studio	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Studio	
6:00 pm - 7:00 pm	Body Balance	Studio	
7:00 pm - 8:00 pm	Pump FX	Studio	