exercise class programme

Hudson Leisure Centre

Accurate as of 09/05/2024

Times for Friday 3 May

Time	Session	Facility	Level
8:00 am - 9:00 am	Body Pump	Studio	
9:15 am - 10:00 am	Aqua Aerobics	Studio	
9:15 am - 10:15 am	Body Balance	Studio	
10:15 am - 11:00 am	Legs, Bums & Tums	Studio	