exercise class programme Hudson Leisure Centre

Accurate as of 19/05/2024

| 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 | |