

Class Timetable

Framingham Earl Sports Centre

Accurate as of 30/01/2025

Times for Saturday 1 February



| Time | Session | Facility | Instructor |
|---------------|-------------------|--------------|------------|
| 08:30 - 09:15 | Strength Circuits | Main Hall | Beccy |
| 09:00 - 10:00 | Zumba Toning | Dance Studio | Chloe |
| 09:00 - 10:00 | Yogalates | Meeting Room | Rosie |
| 10:00 - 11:00 | Zumba | Dance Studio | Chloe |