

Group Exercise

Manor Park Fitness Centre

Accurate as of 03/05/2024

Times for Tuesday 12 November



| Time | Session | Facility | Instructor | Level |
|---------------|-------------|--------------|------------|-------|
| 07:15 - 08:00 | Group Cycle | Cycle Studio | Virtual | All |
| 17:00 - 18:00 | Yoga | Cycle Studio | Yasmine | All |
| 19:00 - 19:45 | Group Cycle | Cycle Studio | Virtual | All |
| 19:00 - 19:45 | Group Cycle | Cycle Studio | Ann P | All |