

Group Exercise

Manor Park Fitness Centre

Accurate as of 18/04/2024

Times for Monday 18 November



Time	Session	Facility	Instructor	Level
07:00 - 07:45	Group Cycle	Cycle Studio	Virtual	All
12:00 - 12:45	Group Cycle	Cycle Studio	Virtual	All
18:00 - 19:00	Active Express – Power Pump	Gym	Akin	All
19:15 - 20:00	Group Cycle - Women Only	Cycle Studio	Ann P	All