

# Group Exercise

## Manor Park Fitness Centre

Accurate as of 08/05/2024

### Times for Tuesday 19 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