Group Exercise

Manor Park Fitness Centre

Accurate as of 04/05/2024

Times for Thursday 21 November

Time	Session	Facility	Instructor	Level
09:15 - 10:00	Group Cycle	Cycle Studio	Virtual	All
12:00 - 12:45	Group Cycle	Cycle Studio	Virtual	All
18:30 - 19:15	Active Express – Core / HIIT	Gym	Akin	All
18:30 - 19:30	Yoga	Cycle Studio	Yasmine	All
19:45 - 20:30	Group Cycle	Cycle Studio	Yasmine	All
20:15 - 21:00	Group Cycle	Cycle Studio	Virtual	All