

Group Exercise

Manor Park Fitness Centre

Accurate as of 19/04/2024

Times for Friday 22 November



Time	Session	Facility	Instructor	Level
10:00 - 10:45	Active Express - Core	Gym	Akin	All
11:15 - 12:00	Group Cycle	Cycle Studio	Virtual	All
17:00 - 17:45	Group Cycle	Cycle Studio	Virtual	All
18:45 - 19:30	Group Cycle	Cycle Studio	Virtual	All