

# Group Exercise Timetable

## Stantonbury Leisure Centre

Accurate as of 01/05/2024

### Times for Friday 18 January



| Time          | Session       | Facility | Type         |
|---------------|---------------|----------|--------------|
| 07:00 - 07:30 | HIIT 25*      | Gym      | Cardio       |
| 13:10 - 13:30 | Lunch Crunch* | Gym      | Conditioning |
| 18:00 - 19:00 | Zumba® Toning | Studio   | Dance        |