

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 17/05/2025

Times for Saturday 19 January



Time	Session	Facility	Instructor	Type
09:00 - 09:45	Cycle Fit	Studio	Steph/Karren	Cardio
09:55 - 10:15	Fab Abs*	Gym	Gym Staff	Conditioning
10:00 - 11:00	Tai Chi	Studio	Clive	Holistic