

# Group Exercise Timetable

## Stantonbury Leisure Centre

Accurate as of 07/05/2024

Times for Thursday 24 January			
Time	Session	Facility	Type
10:00 - 10:20	Circuits*	Gym	Cardio
10:45 - 11:30	Zumba® Gold	Studio	Dance
13:00 - 13:25	HIIT*	Gym	Cardio
17:30 - 17:50	Fab Abs*	Gym	Conditioning
17:55 - 18:20	Kettlebells*	Gym	Conditioning
18:25 - 19:10	Boxing Circuits	Gym	Cardio
19:15 - 20:00	Zumba®	Studio	Dance