Group Exercise Timetable Stantonbury Leisure Centre

Accurate as of 30/04/2024

Times for Friday 25 January				(
Time	Session	Facility	Туре	
07:00 - 07:30	HIIT 25* (Cancelled)	Gym	Cardio	
13:10 - 13:30	Lunch Crunch*	Gym	Conditioning	
18:00 - 19:00	Zumba® Toning	Studio	Dance	