

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 19 March



| Time | Session | Facility | Type |
|---------------|-----------|----------|--------------|
| 11:30 - 11:50 | Fab Abs* | Gym | Conditioning |
| 13:00 - 13:25 | HIIT* | Gym | Cardio |
| 17:20 - 17:40 | Fab Abs* | Gym | Conditioning |
| 17:45 - 18:30 | Cycle Fit | Studio | Cardio |
| 19:35 - 20:20 | Zumba® | Studio | Dance |