

# Group Exercise Timetable

## Stantonbury Leisure Centre

Accurate as of 04/05/2024

### Times for Friday 22 March



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