

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 05/05/2024

Times for Saturday 30 March			
Time	Session	Facility	Type
09:00 - 09:45	Cycle Fit	Studio	Cardio
09:55 - 10:15	Fab Abs*	Gym	Conditioning
10:00 - 11:00	Tai Chi	Studio	Holistic