

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 17/05/2025

Times for Tuesday 21 May



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