

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 17/05/2024

Times for Tuesday 8 October				
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	