

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 18/04/2024

Times for Thursday 9 July



| Time | Session | Facility | Type |
|---------------|-----------------|----------|--------------|
| 10:00 - 10:20 | Circuits* | Gym | Cardio |
| 10:45 - 11:30 | Zumba® Gold | Studio | Dance |
| 13:00 - 13:25 | HIIT* | Gym | Cardio |
| 17:30 - 17:50 | Fab Abs* | Gym | Conditioning |
| 17:55 - 18:20 | Kettlebells* | Gym | Conditioning |
| 18:25 - 19:10 | Boxing Circuits | Gym | Cardio |
| 19:15 - 20:00 | Zumba® | Studio | Dance |