

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 28/04/2024

| Times for Friday 29 March | | | |
|---------------------------|-------------------------|----------|--------------|
| Time | Session | Facility | Type |
| 10:15 - 11:00 | Yoga | Studio | Holistic |
| 11:15 - 12:00 | Zumba® Gold (Cancelled) | Studio | Dance |
| 13:10 - 13:30 | Lunch Crunch* | Gym | Conditioning |
| 17:30 - 17:55 | Boot Camp* | Gym | Conditioning |
| 18:05 - 18:50 | Zumba® | Studio | Dance |