

# Group Exercise Timetable

## The Pavilion

Accurate as of 04/05/2024

### Times for Thursday 10 October



Time	Session	Facility	Instructor
8:30 am - 9:15 am	Fitness Pilates	Studio 2	Sue
9:15 am - 10:00 am	Pilates	Studio 2	Sunita
9:30 am - 10:30 am	BODYPUMP™	Studio 1	Sue
10:15 am - 11:00 am	Zumba®	Studio 2	Angella
10:30 am - 11:15 am	Zumba® Gold	Studio 1	Ria
11:20 am - 12:20 pm	Post Natal Yoga	Studio 1	
11:45 am - 12:30 pm	BODYBALANCE™	Studio 2	Ben
12:30 pm - 1:15 pm	Group Cycle	Gym	Ben
12:30 pm - 1:15 pm	Power Yoga	Studio 1	Roberta
1:00 pm - 2:00 pm	Pilates	Studio 2	Caroline
5:45 pm - 6:15 pm	Fab Abs	Studio 1	Sam
6:30 pm - 7:15 pm	BODYPUMP™	Studio 1	Nicky B
7:00 pm - 7:30 pm	T30:HIIT	Gym	Gym Team
7:15 pm - 8:00 pm	Group Cycle	Gym	Nicky B