

Group Exercise Timetable

The Pavilion

Accurate as of 17/05/2025

Times for Sunday 13 October



| Time | Session | Facility | Instructor |
|---------------------|-------------------|----------|------------|
| 8:15 am - 9:30 am | Hatha Yoga | Studio 2 | Kevin |
| 9:00 am - 9:30 am | T30:POWER | Gym | Gym Team |
| 9:00 am - 9:45 am | Group Cycle | Gym | Hannah |
| 9:30 am - 10:15 am | BODYPUMP™ | Studio 1 | Jackie |
| 10:30 am - 11:15 am | Body Conditioning | Studio 1 | Sunita |
| 10:30 am - 11:30 am | Group Cycle | Gym | Nick |
| 11:15 am - 12:00 pm | Pilates | Studio 1 | Sunita |