# Group Exercise Timetable

## The Pavilion

**Accurate as of 12/10/2024**

**Times for Thursday 20 February**

| 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 |
| 7:15 pm - 8:00 pm | Zumba Express | Studio 1 | Ria |
| 8:00 pm - 8:45 pm | Legs, Bums & Abs | Studio 1 | Ria |