

Group Exercise Timetable

The Pavilion

Accurate as of 19/05/2024

Times for Saturday 29 February			
Time	Session	Facility	Instructor
8:30 am - 9:15 am	Fitness Pilates	Studio 1	Sue
9:00 am - 10:30 am	Yoga	Studio 2	Roberta
9:30 am - 10:00 am	T30:HIIT	Gym	Gym Team
9:30 am - 10:30 am	BODYPUMP™	Studio 1	Jackie
10:30 am - 11:15 am	Group Cycle	Gym	Jackie
10:30 am - 11:15 am	Box Fit	Studio 1	Roy
11:15 am - 12:00 pm	Core Conditioning	Studio 2	Roy
11:30 am - 12:30 pm	Yoga	Studio 2	Kevin
12:30 pm - 1:30 pm	Power Yoga	Studio 2	Anna