

Group Exercise Timetable

The Pavilion

Accurate as of 19/05/2024

Times for Sunday 1 March				
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	