

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 21/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Type
09:30 - 10:15	Zumba® Gold	Studio	Dance
11:45 - 12:10	Body Blast* (Cancelled)	Gym	Conditioning
17:15 - 18:00	Cycle Fit	Studio	Cardio
17:45 - 18:05	Fab Abs* (Cancelled)	Gym	Conditioning
18:10 - 18:55	Pump & Tone	Studio	Conditioning
19:00 - 19:45	Boxercise	Studio	Cardio