

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 03/09/2024

Times for Friday 6 September



Time	Session	Facility	Type
10:15 - 11:00	Yoga	Studio	Holistic
11:15 - 12:00	Zumba® Gold	Studio	Dance
13:10 - 13:30	Lunch Crunch*	Gym	Conditioning
17:30 - 17:55	Boot Camp*	Gym	Conditioning
18:05 - 18:50	Zumba®	Studio	Dance