

# Group Exercise Timetable

## Stantonbury Leisure Centre

Accurate as of 08/09/2024

### Times for Saturday 14 September



Time	Session	Facility	Type
09:00 - 09:45	Cycle Fit	Studio	Cardio
09:55 - 10:15	Fab Abs*	Gym	Conditioning
10:00 - 11:00	Tai Chi	Studio	Holistic