

# Group Exercise Timetable

## Stantonbury Leisure Centre

Accurate as of 10/09/2024

### Times for Monday 16 September



Time	Session	Facility	Type
10:30 - 11:15	Cycle Fit	Studio	Cardio
11:30 - 12:15	Pilates	Studio	Holistic
12:30 - 12:50	Power Up*	Gym	Conditioning
17:15 - 18:00	Body Split	Studio	Conditioning
18:10 - 18:55	LBT	Studio	Conditioning
19:00 - 19:45	Pilates	Studio	Holistic