

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 12/09/2024

Times for Wednesday 18 September



| Time | Session | Facility | Type |
|---------------|-------------|----------|--------------|
| 09:30 - 10:15 | Zumba® Gold | Studio | Dance |
| 10:30 - 11:15 | Yoga | Studio | Holistic |
| 17:15 - 18:00 | Cycle Fit | Studio | Cardio |
| 18:10 - 18:55 | Pump & Tone | Studio | Conditioning |
| 19:00 - 19:45 | Boxercise | Studio | Cardio |