

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 13/09/2024

Times for Thursday 19 September



Time	Session	Facility	Type
10:00 - 10:20	Circuits*	Gym	Cardio
10:45 - 11:20	Sit 'n' Fit	Studio	Conditioning
13:00 - 13:25	HIIT*	Gym	Cardio
17:30 - 17:50	Fab Abs*	Gym	Conditioning
17:55 - 18:20	Kettlebells*	Gym	Conditioning
18:15 - 19:00	Yoga	Studio	Holistic
18:25 - 19:10	Boxing Circuits	Gym	Cardio
19:15 - 20:00	Zumba®	Studio	Dance