

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 15/01/2025

Times for Wednesday 25 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