

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 15/01/2025

Times for Thursday 26 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® (Cancelled) | Studio | Dance |