

Group Exercise Classes

Standish Leisure Centre

Accurate as of 01/07/2024

Times for Tuesday 25 June



| Time | Session | Facility |
|---------------|-------------------------|----------|
| 06:45 - 07:15 | Sprint - Virtual | Studio 1 |
| 06:45 - 07:15 | Fast 30 | Gym |
| 07:45 - 08:30 | Body Combat - Virtual | Studio 1 |
| 09:45 - 10:30 | Body Pump | Studio 1 |
| 10:45 - 11:45 | Yoga | Studio 1 |
| 12:00 - 12:45 | Body Pump - Virtual | Studio 1 |
| 17:30 - 18:15 | Body Pump | Studio 1 |
| 18:30 - 19:15 | Legs, Bums & Tums | Studio 1 |
| 19:30 - 20:15 | Hatton Boxing | Studio 1 |
| 20:30 - 21:00 | Grit Strength - Virtual | Studio 1 |