

Group Exercise Classes

Standish Leisure Centre

Accurate as of 01/07/2024

Times for Friday 28 June



Time	Session	Facility
06:45 - 07:15	Sprint - Virtual	Studio 1
06:45 - 07:15	Fast 30	Gym
07:30 - 08:00	Grit Cardio - Virtual	Studio 1
08:30 - 09:15	Body Pump - Virtual	Studio 1
09:00 - 09:30	Fast 30	Gym
09:30 - 10:30	Yoga	Studio 1
12:00 - 12:45	Step And Tone	Studio 1
17:15 - 18:00	Circuits	Studio 1
18:15 - 19:15	Pilates	Studio 1
19:30 - 20:15	Body Pump - Virtual	Studio 1