

Group Exercise Classes

Standish Leisure Centre

Accurate as of 30/06/2024

Times for Monday 1 July



Time	Session	Facility
06:45 - 07:15	RPM - Virtual	Studio 1
06:45 - 07:15	Fast 30	Gym
07:30 - 08:00	Body Pump - Virtual	Studio 1
08:15 - 08:45	Les Mills Core - Virtual	Fitness Studio
09:00 - 09:30	Fast 30	Gym
09:30 - 10:15	Indoor Cycling	Studio 1
10:30 - 11:15	Sh'bam - Virtual	Studio 1
12:00 - 12:30	RPM - Virtual	Studio 1
14:15 - 15:00	Sh'bam - Virtual	Studio 1
18:00 - 18:45	Outdoor Fitness	Multi Use Games Area
18:15 - 19:00	RPM - Virtual	Studio 1
19:15 - 20:00	Body Pump - Virtual	Studio 1
20:15 - 20:45	Body Attack - Virtual	Studio 1