

Group Exercise Classes

Standish Leisure Centre

Accurate as of 30/06/2024

Times for Thursday 4 July



Time	Session	Facility
06:45 - 07:15	RPM - Virtual	Studio 1
06:45 - 07:15	Fast 30	Gym
09:30 - 10:15	Body Pump	Studio 1
11:45 - 12:30	Yoga	Studio 1
12:45 - 13:30	Body Attack - Virtual	Studio 1
17:15 - 18:00	Yoga	Studio 1
18:15 - 19:00	Indoor Cycling	Studio 1
18:45 - 19:15	Fast 30	Gym
19:15 - 20:15	Pilates	Studio 1
20:30 - 21:15	Body Pump - Virtual	Studio 1