

Group Exercise Classes

Standish Leisure Centre

Accurate as of 30/06/2024

Times for Saturday 6 July



Time	Session	Facility
08:05 - 08:50	Body Pump - Virtual	Studio 1
08:30 - 09:00	Fast 30	Gym
09:00 - 10:00	Pilates	Studio 1
10:30 - 11:15	RPM - Virtual	Studio 1
11:30 - 12:30	Body Pump	Studio 1