

Group Exercise Timetable

Walnuts Leisure Centre

Accurate as of 17/05/2025

Times for Saturday 19 October



Time	Session	Facility	Instructor	Level
08:10 - 08:55	BODYATTACK™	Studio	Nathan	
08:15 - 09:00	Group Cycle	Spin Room	Fay	
09:00 - 10:00	BODYPUMP™	Studio	Vicki	
10:00 - 10:45	Group Cycle	Spin Room	Kevin S	
10:00 - 11:00	Aerobics	Studio	Vicki	
11:00 - 12:00	BODYBALANCE™	Studio	Vicki	