

Group Exercise Timetable

Walnuts Leisure Centre

Accurate as of 25/04/2024

Times for Sunday 23 February



Time	Session	Facility	Instructor	Level
08:10 - 09:10	BODYPUMP™	Studio	Shreena	
09:30 - 10:15	Group Cycle	Spin Room	Charlotte	
09:30 - 10:30	Circuits	Studio	Vicki	
09:30 - 10:30	Yoga	Dojo	Sally	
10:30 - 11:30	BODYBALANCE™	Studio	Jess	
10:30 - 12:00	Yoga - Ashtanga	Dojo	Dee	
10:45 - 11:30	Spin	Spin Room	Hannah	
16:00 - 16:30	Full Body Blast	Gym	Molly	
16:45 - 17:30	Group Cycle	Spin Room	Marie	