

Group Exercise

Manor Park Fitness Centre

Accurate as of 26/04/2024

Times for Saturday 31 July



| Time | Session | Facility | Instructor | Level |
|---------------|-------------|--------------|------------|-------|
| 08:30 - 09:15 | Group Cycle | Cycle Studio | Virtual | All |
| 10:45 - 11:30 | Group Cycle | Cycle Studio | Virtual | All |
| 15:00 - 15:45 | Group Cycle | Cycle Studio | Virtual | All |
| 17:00 - 17:45 | Group Cycle | Cycle Studio | Virtual | All |