


Group Exercise

Manor Park Fitness Centre

Accurate as of 02/05/2024

Times for Wednesday 4 August					
Time	Session	Facility	Instructor	Level	
09:00 - 09:45	Group Cycle	Cycle Studio	Virtual	All	
12:30 - 13:15	Group Cycle	Cycle Studio	Virtual	All	
19:15 - 20:15	Yoga	Cycle Studio	Yasmine	All	