

Group Exercise

Manor Park Fitness Centre

Accurate as of 03/05/2024

Times for Friday 6 August



| Time | Session | Facility | Instructor | Level |
|---------------|-----------------------|--------------|------------|-------|
| 10:00 - 10:45 | Active Express - Core | Gym | Akin | All |
| 11:15 - 12:00 | Group Cycle | Cycle Studio | Virtual | All |
| 17:00 - 17:45 | Group Cycle | Cycle Studio | Virtual | All |
| 18:45 - 19:30 | Group Cycle | Cycle Studio | Virtual | All |