

# Group Exercise

## Manor Park Fitness Centre

Accurate as of 23/04/2024

### Times for Saturday 20 April



| 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   |