

Group Exercise

Manor Park Fitness Centre

Accurate as of 19/05/2024

Times for Thursday 2 May					
Time	Session	Facility	Instructor	Level	
09:15 - 10:00	Group Cycle	Cycle Studio	Virtual	All	
12:00 - 12:45	Group Cycle	Cycle Studio	Virtual	All	
18:30 - 19:15	Active Express – Core / HIIT	Gym	Akin	All	
18:30 - 19:30	Yoga	Cycle Studio	Yasmine	All	
19:45 - 20:30	Group Cycle	Cycle Studio	Yasmine	All	
20:15 - 21:00	Group Cycle	Cycle Studio	Virtual	All	