

Group Exercise

Manor Park Fitness Centre

Accurate as of 27/09/2026

Times for Monday 28 September					
Time	Session	Facility	Instructor	Level	
07:00 - 07:45	Group Cycle	Cycle Studio	Virtual	All	
12:00 - 12:45	Group Cycle	Cycle Studio	Virtual	All	
18:00 - 19:00	Active Express – Power Pump	Gym	Akin	All	
19:15 - 20:00	Group Cycle - Women Only	Cycle Studio	Ann P	All	