

Group Exercise

Manor Park Fitness Centre

Accurate as of 27/09/2026

Times for Wednesday 30 September				
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