

Group Exercise

Manor Park Fitness Centre

Accurate as of 27/09/2026

Times for Friday 2 October					
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	