

Group Exercise Timetable

Mountfitchet Romeera Leisure Centre

Accurate as of 17/05/2024

Times for Tuesday 16 April



Time	Session	Facility	Type
6:30 am - 7:00 am	Cardio	Gym	Cardio
9:30 am - 10:30 am	Circuits	Studio	Aerobic
5:30 pm - 6:30 pm	Body Pump	Studio	Body Conditioning
6:30 pm - 7:30 pm	Body Conditioning / LBT	Studio	Body Conditioning
7:30 pm - 8:15 pm	Yoga (mixed)	Studio	Calm
8:30 pm - 9:30 pm	Bounce* (external)	Studio	Aerobic