

Group Exercise Timetable

Mountfitchet Romeera Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 18 April



Time	Session	Facility	Type
9:30 am - 10:30 am	Body Balance	Studio	Calm
6:30 pm - 7:30 pm	Group Cycle	Studio	Aerobic
7:30 pm - 8:30 pm	Body Pump	Studio	Body Conditioning
8:35 pm - 9:35 pm	Bounce* (external)	Studio	Aerobic